

GROUNDS OUTSIDE THE BUILDING C





SECTION C – GROUNDS OUTSIDE THE BUILDING

The inside of the building has functions closely linked to the residence of the individual. The surrounding spaces form a link between the building and the wider environment, provide the location for service activity to the residence (parking, refuse collection, etc.) and are a private area for open air socialising activities (walking, sitting, meeting people, gardening etc.).

The spaces outside the building allow elderly people to relate to the outside world within the protection of a safe and tranquil environment. This cushion between domestic intimacy and the wider environment allows more fragile or vulnerable people to increase their own capacity to relate to others and to better their own sense of self esteem, helping them to keep a good level of independence.

The need is for quiet, flexible but still lively spaces that residents can utilise to enjoy themselves in many different ways and where they can feel free but protected.



4



5



6



7



8



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10



11



DESCRIPTIVE TITLES OF IMAGES:

Section Cover:

Domus Moratalaz Residence, Madrid (Spain)

- ① Domus Mirasierra Residence, Madrid (Spain)
- ② New Larchwood, Brighton (Great Britain)
- ③ Darwin Court, London (Great Britain)
- ④ Domus Moratalaz Residence, Madrid (Spain)
- ⑤ Elwyn Jones Court, Patcham, Brighton (Great Britain)
- ⑥ Domus Moratalaz Residence, Madrid (Spain)
- ⑦ Domus Moratalaz Residence, Madrid (Spain)
- ⑧ Domus Mirasierra Residence, Madrid (Spain)
- ⑨ Hartrigg Oaks, York (Great Britain)
- ⑩ Via Scandellara Residence, Bologna (Italy)
- ⑪ Hartrigg Oaks, York (Great Britain)
- ⑫ Domus Moratalaz, Madrid (Spain)
- ⑬ Sonali Gardens, London (Great Britain)
- ⑭ St Eugene's Court, Birmingham (Great Britain)
- ⑮ Seniorenwohnpark, Baden Baden (Germany)
- ⑯ Domus Mirasierra Residence, Madrid (Spain)
- ⑰ Domus Moratalaz Residence, Madrid (Spain)

ENTERING THE GROUNDS ON FOOT, BY WHEELCHAIR / ELECTRIC SCOOTER OR BY CAR

Making accesses easy and functional stimulates going out more, and feeling more autonomous in movement increases personal self esteem

1

- a install a gate at the pedestrian entrance to the grounds, operable by remote control, with audible warning when opening and closing
- b install a fully accessible gate at the pedestrian entrance to the grounds
 - with an easy closing and opening system
 - with a handle on both sides, easy to use
 - which can be opened in both directions
 - with a mechanical opening system easily activated on both sides even by a closed hand (at a height of between 90 and 120 cm and clearly visible)
- c install a video entry phone, located next to the gate and connected to the doorbells of the homes
- d install an automatic gate at the driveway entrance to the grounds, easily usable and in a suitable position for reaching the external parking area
- e ensure that the gate at the driveway entrance to the grounds is operable by remote control, making sure that it is easy to handle and use and with audible warning when opening and closing;



Grounds outside
the building

1

ENTERING THE GROUNDS ON FOOT, BY WHEELCHAIR / ELECTRIC SCOOTER OR BY CAR

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ensure that there is space for vehicles to wait for the gate to open without causing obstruction to other traffic

ALLOWING CAR PARKING

The ease and comfort of parking encourages the autonomous use of private vehicles increasing the sense of self sufficiency and self esteem

2

- a ensure that there are an adequate number of parking spaces for the residents and for their guests in the grounds, at least one space per 5 homes. All parking should be easily accessible. (where not possible to have parking spaces in the immediate surroundings of the building one may consider a distance equal to or less than 100m)
- b designate an adequate number of parking spaces in the grounds for people with disabilities
- c position the parking spaces for people with disabilities in an area immediately surrounding the building or within easy reaching distance; Parking for disabled people should always be closest to the building entrance in any parking layout.
- d make individual or private parking spaces easy to see also with vertical sign posts for visibility in snow
- e position the parking spaces in such a way as to utilise shade provided by trees, the building itself etc..
- f ensure that car spaces are sheltered from the elements (this is essential for wheelchair users and very helpful for others)
- g provide adequate lighting to the parking area and the connecting route with the building.



Grounds outside
the building

3

MOTORCYCLE AND BICYCLE PARKING

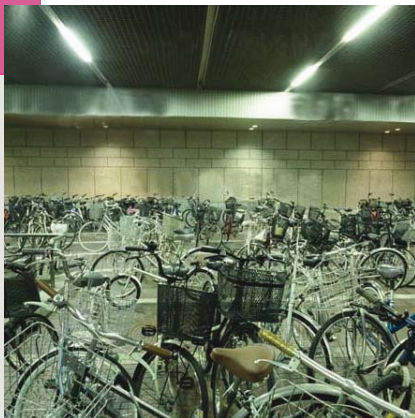
The possibility of using motorcycles and bicycles easily increases the sense of one's physical ability



- ◀ a ensure that there is a space for parking motorcycles and bicycles inside the grounds and/or in the surrounding area



- ◀ b position the parking spaces for motorcycles and bicycles in an area immediately surrounding the building or within easy reaching distance of the entrance



- ◀ c make sure that people can get back to their motorcycles and bicycles sheltered from the elements
- ◀ d provide adequate lighting to the parking area and the connecting route with the building

EASILY REACHING THE MAIN DOOR OF THE BUILDING

4

Making access to the building comfortable, simple and safe encourages people to go out more

- a provide adequate lighting to shared open spaces such as the entrance to the grounds, the entrance to the building itself and the main travel routes



- b provide weather protection for the connecting route from the entrance to the grounds to the main building



- c make all pathways accessible

- d make pathways sufficiently wide to allow the passage of people with disabilities (minimum width advised 120 cm)



- e limit the slope of pathways (maximum gradient not over 5%)



Grounds outside
the building

4

EASY REACHING OF THE MAIN DOOR OF THE BUILDING

Making access to the building comfortable, simple and safe encourages people to go out more



- ◀ f make pathways easily recognisable by using different materials with visual contrasts



- ◀ g avoid using too many colours or materials (particularly in strongly contrasting bands) as they can cause disorientation.

DEPOSITING SMALL OBJECTS

5

Being able to have small personal objects to hand without fear of losing them, favours use

- a position in the surrounding area of the building suitable shelves or other places (maximum height from the ground equal to around 80 – 100 cm) where small objects can be left



- b in the area immediately surrounding the building, place a small lockable tool store



Grounds outside
the building

6

TAKING CARE OF PETS, CULTIVATING FLOWERS AND PLANTS AND DEPOSITING SMALL OBJECTS

Having external spaces available dedicated to cultivating plants and taking care of pets encourages people to share these activities together outside the home



- ◀ a reserve a part of the garden for looking after and walking small pets



- ◀ b create small areas in the garden (elevated from the ground) for the cultivation of plants and vegetables, easily accessible for people with disabilities



- ◀ c if possible, install a greenhouse for protecting plants and flowers in the cold seasons

GUARANTEEING SURROUNDING AND PERSONAL SAFETY

7

The design of the grounds must prevent the risk of possible accidents and transmit a sense of safety

- a make the surrounding area physically separate from the urban context
- b install an antiburglar control and alarm system in the grounds
- c install a system which allows a senior citizen to call for help if unwell
- d avoid having dark areas in the grounds;
- e install a system of lighting which allows the recognition of people should they inadvertently remain outside
- f install a system of lighting which provides an even distribution of light without large differences in levels of illumination;



Grounds outside
the building

8

GUARANTEEING SURROUNDING COMFORT AND THE AESTHETIC QUALITY OF EXTERNAL SPACES

The surrounding comfort and aesthetic quality encourages the use of external spaces stimulating a sense of belonging and community



◀ **a** create a specific space, completely accessible, for the collection of recyclable refuse (see requirement 1b, section c)

b adequately protect the grounds of the building from possible external noise

c create a suitably large garden in the grounds which is easily accessible for everyone



◀ **d** in the garden area, use plants of varying height, bearing, colour and species (trees, herbaceous types and shrubs)

◀ **e** set out the garden so that it can be used in different conditions: sunny areas and areas of shade

f set out the garden so that it can be used all year: areas protected from cold winds in cold seasons and ventilated areas in the summer



◀ **g** install a pergola or gazebo in the garden for rest and relaxation

GUARANTEEING SURROUNDING COMFORT AND THE AESTHETIC QUALITY OF EXTERNAL SPACES

The surrounding comfort and aesthetic quality favours the use of external spaces stimulating a sense of belonging and community

8

h provide items which make the space feel lively, things such as garden furniture, diverse types of fountain, the use of different colours and smells, plants of different species and size and medicinal plants



i install benches with a seating height between 40 and 45 cm from the ground and with armrests to facilitate sitting and standing up

j place the benches carefully with regard to the sun's course, to the position of trees, to pedestrian pathways and to the principal resting areas for people



k make pedestrian pathways sufficiently wide (min advised 120 cm with passing places) with easily recognizable paving for people with limited sight, and with homogeneous colours and curvilinear forms

l create an area in the garden for organizing open air lunches and barbeques



Grounds outside
the building

