

Healing Interior Design for Health of Everyone

건강한 삶을 위한 힐링 실내디자인

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Abstracts

세계 경제가 고도성장에 따른 산업구조의 변화를 갖게 되었고, 의학기술의 발달로 건강한 고령자의 증가가 나타나는 사회 현상이 나타나게 되었다. 우리나라 역시 65세 이상의 건강한 고령인구의 증가 추세와 고령화 사회로의 진입이 현실화 되고 있다.

또 급속한 핵가족화 등으로 인하여 가족 내의 노인부양 기능이 약화되고 있으며, 건강한 노인 단독세대가 급증함에 따라 해당 관련 복지의 구체적인 정책 실천방향에 대한 요구와 신체적, 사회·심리적 특성에 따른 힐링 환경의 개발요구가 높아지고 있다. 이에 본 연구에서는 인류 건강증진 개념 및 고찰을 통해 힐링 환경의 공간특성을 도출하고, 이를 통하여 보다 질적으로 향상된 건강한 주거환경을 제시하고자 하는데 그 의미가 있다.

본 논문에 있어서의 공간에 의한 인류 건강증진은

1. 건강과 질병은 하나의 스펙트럼 상에 놓여 있으며, 한편은 최상의 건강 상태이며 다른 한편은 질병에 의한 사망이라는 개념에 의미를 둔다.
2. 병, 의학 전문가 관점에서 건강을 증진시키는 과정에 중점을 두고 있는 새로운 치료적 환경에 대한 혁신적인 패러다임을 주지하는 입장에서, 안녕(healing)을 양성하는 공간 특성을 도출 개념이다.
3. 환경변화에 적응하는 역동적 건강개념에 그 근거를 두고, "건강은 단순히 무 질병의 개념이 아니라 신체적, 정신적, 문화적 에다가 영적으로 완전한 안녕 상태"라는 개념을 적용한다.
4. 특히, 병, 의학 전문가 관점으로 인해 간과되었던 대상자의 공간으로부터 얻게 되는 심리적, 사회적, 정신적 요구들을 반영하는 안녕(healing) 개념의 힐링 철학의 개념을 갖는다.

Keywords

Healing, Interior design, Health of everyone

키워드

힐링, 실내디자인, 인류 건강증진

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1. INTRODUCTION

The change of industrial structure, caused by rapid growth of global economy, and the development of medical technology has resulted in the aging society and accordingly associated problems. Recently, Korea's people is increasing both in quantities and as a percentage of the overall population according to the National Statistical Office (2012). These trends are expected to continue for the next quarter-century and beyond (7.1% in 2000 to 14.3% in 2007 and is expected to jump up to 17% in 2012). It has already entered into the aging society and the number of the late elderly will grow increasingly. In addition, Korea is characterized by the rapidity of developing into the aging society compared with other countries, showing urgent needs to response to the coming aging society.

Rapid migration to the aging society and nuclear family systems has broken the traditions that their family members care the elderly and subsequently increases the proportion of the aged living alone, requesting detailed and well-planned social welfare system in consideration of physical, social, and psychological characteristics of the elderly. As for the elderly, the quality of life particularly relies on residential environment. Most of the advanced countries thus have social welfare system allowing the elderly to live in their residential environment integrated with local community. This system is deemed one of the methods to solve the isolation problems of the elderly from the society. In Korea, however, insufficient is the number and even quality of the facilities or residential environment designed in consideration of physical, social, and psychological characteristics of the elderly.

This study was proposed to provide a design for enhancing the quality of residential environment for the elderly based on

psychosocial health promotion. The assumptions of the psychosocial health promotion used in this study are as follows:

1. Health and disease are assumed to be on a single spectrum. One end of the spectrum is health, while the other is disease due to disease.

2. It is an active concept, which is selected to design a new facility for wellness, based on a new paradigm on the medical environment resulted from a new medical philosophy focusing on the processes to enhance health.

3. Its purpose is to improve the life style for the best health conditions, founded on the dynamic health concept that "health includes the physical, psychological, social, and spiritual wellness as well as conditions without any disease or weakness".

4. It is a quality-based philosophy focusing on the healing and fitness that reflect the psychological, social, and spiritual needs, which have often been overlooked.

With a viewpoint of the psychosocial health promotion, successful aging is successful adaptation. In other words, the healing of the elderly is a more comprehensive process to achieve self-identity, which includes acceptance of their past lives and death ultimately as well as current morale, satisfaction, and happiness.

Therefore, the processes for enhancing health of the elderly are to support physiological and spiritual conditions as well as their physical weakness. This new concept, which is focusing on the elderly, can only be achieved by identifying the health drivers, which are critical elements when designing the environment for the elderly.

The requirements for the environment for the elderly are as follows:

1. Based on a barrier-free concept, everyone from children to the late elderly or the disabled

live safely and comfortably under the environment.

2. A flex-care system for social wellness of the elderly should be available.

3. The adjustment of the level of privacy and territoriality for achieving identity should be possible. The two opposite concepts should be dynamically balanced to be existent.

4. Allowing them to meditate on higher level of subjects like life and death, existence, space, etc. and The elderly accept their past lives and death ultimately under the environment.

The characteristics of the residential space of the elderly are as follows, in consideration of the psychosocial health promotion: 1st, accessibility should be intended to reduce the physical, mental, and social difficulties in moving within and in or out of a residential building. The better accessibility decreases the uneasiness at moving or adapting, loneliness, and subsequent reluctance in social activities, and is achieved by designing the methods to enable 1) easy accessibility to certain location or program, 2) easiness at moving within a facility, and 3) facilitation of living within the facility.

2nd, stimulability supports the environment within the optimal acceptance ability, coping with the loss of pride and reduction of activity, which are causes by excessive accessibility. This can be used to reevaluate the design for the accessibility and to reconsider the expression methods and level of the design.

3rd, the privacy and territoriality are caused by strong needs of individuals or social groups to identify available space as one's own. The design considerations where the privacy and territoriality are reflected include the relations and boundary between private, public, and community spaces. The adjustment of the level of privacy enables the elderly to reduce their loneliness, enhance social communications, and establish pride and self-identity.

4th, legibility is an environmental setting promoting adaptation to and understanding of space. It allows the elderly to overcome the uneasiness at adapting, gain familiarity and emotional stability, and keep their social activities. It's scope includes the design for method-finding and identifying clues.

This study deemed health a new perspective as a keyword for future interior design. It is therefore required to activate additional studies and design on the 'interior design focusing on health' by identifying the health and environmental factors for enhancing it.

This research consists of three parts and result:

The 1st part is background, The 2nd part is Method, The 3rd part is Analysis on matrix.Result - Space Features, Features of People's care -

In terms of residential environments(HE) catering to the elderly interested in maintaining a care healthy lifestyle. Research has shown that one of the various problems in people's care for people is the unsuitable residential environment for the elderly who are psychosocially & physically fragile (Choi, 2000: Kim et al). The traditional designed and institutionally designed HE home does not promote wellness of it's residents. The majority of existing HE homes in Korea samenessly an asylum or hospital setting in large scale which doses not support the elderly cognitively, physically, or psychosocially.

Housing Programs (HE) for the elderly emphasized non-institutional alternatives for the frail (Regnier & Scott, 2001). These HE homes provide useful models to promote a supporting health environment(space, time)for residents in Korea. NE(Northern Europe) including France experienced an early demographic shift toward an aging society and had postwar governments with progressive social policies. In northern Europe, Korea, and whole world, social resident

Table 1. Features of In, Exterior Space and General Information

Category Name of Facility	Construction Finish year	Beds & Type	Common Space For community	Arrangement of Unit	Storey	Micro Environment	Number of Staff, (Gender)
Samsung town	2005	46 beds one-bed room	-	2 units for dementia residents, 2 units for ordinary and disease residents (4 units)	Single-story	Forest walkway, Natural mountain side, Residential home for over 55years old	Registered staff 45, (Men 12, Women 33)
Sabyhemmet	2006	38 beds one-bed room	Conference room, care center, Beauty shop, Hobby-craft room, Multi-purpose room	3 units for dementia residents, 1 unit for ordinary and disease residents (4 units)	Two-story	Residential APT, Children's day care hall, Shopping shop	Registered staff 42, (Men 15, Women 27)

service, health support care, and housing agencies recognize the influence of new architectural form trend in challenging conventional thinking concerning social problems.

Health-promoting processes are becoming a central factor in the creation of a HPE(health of physical environment)(Dilani, 2005). The role of the environment in the health improving process is a growing concern among interior architects, exterior architects, space designers, environmental designers, and health care workers (Devlin, 2003). A considerable amount of international research support the general positive health effects of mental, healthy, and social activities for the elderly. Good eating habits, physical activity zone, social relations an a meaningful life are the pillars upon which nice health for the people should be built. Focusing on health promotion and prevention of disease for the elderly in advantageous for both the society and the elderly individual at large (Statens Folkhalsoinsitut, 2002). Results from research suggest that the design of health environments plays a significant role in making health promotion activities possible on HE,

which contributes to health and life quality for the aged contributes, A lost ability to understand and comprehend the surroundings may induce feelings of unsafely which in turn may lead to negative health effects such as stress and depression (Wik, 2005)

Purpose of this study

The goal of this research was one and one; first, to identify and explore HE interior design factors in France people's healing home. second, to understand their useful worthiness and suggest their application in Korea.

2. CONTEMPORARY ENVIRONMENT OF RESEARCHING FOR HE

2.1 Background

The 1st Part:

Most doctors were schooled in the disease-focused biomedical model, which minimizes the role of patients in managing their own health in the past. The model understands aging as a disease that must be "treated" in a

medical facility (Leibrock, 2000). This model does not address the psychological, social, and spiritual needs that become critical in long-term healing.

Although homelike environments are considered a potential power solution to improve the healing and health for the elderly, it is rarely achieved by designers or builders, nor perceived by residents (Brummett, 1996). According to Ericsson (1996) the homelike physical environment is more important for the elderly in the following way; arousing recognition, encouraging independence, offering physical activity, orientation & simulation of the senses, providing safety, and supporting social belonging. And according to Grahn (2001), McBride (2000) the arm supports, benches, and handrails are some examples of supportive objects in the outdoor environment. The community provides a more public set, for social interaction with visitors, and other residents interesting personal watching activity.

This research is still in the beginning phase of explaining the significant role of the doctoral environment in SH(supporting health) and QL(quality of life) for the elderly.

2.2 Method

The 2nd Part:

Pre researching trips. Two research trips were carried out during June 12th and July 19th 2005; 'Samsung town' and 'Sabyhemmet'. The full inspection of each facility took approximates 1.8 hours per day. Data was gathered using digital photos, floor plan papers, geography maps, and several visual observations of normal appearance, several community, green environment, etc.

Post researching trips. Trip were conducted between July. 13rd and Oct. 11th 2006 in six elderly care homes, four situated in Paris suburbs, one in southern France. Each by each home was visited once in preparation to secure

the main-suitability of the facility in this research. After, final selection of appropriate HE(health of everyone) homes were made. Three of the HE(health of everyone) homes were eliminated due to a change of management. Each HE(health of everyone) homes manager was subsequently contacted by mobile phone, email and CGI to arrange the subjective research visit day.

This research's practical studies were performed at seven elderly care homes in Korea, France. Three samples were studied among them. The selection method process was conducted by a prudent search for best-designed HE(health of everyone) homes according to Korea, France literatures design. And the newly build facilities with a application technique in Korean facilities.

2.3 Analysis on matrix

The 3rd Part:

This analysis technique used Microsoft excel. Each factors of demanded quality are safety, future site capacity, energy efficient, asthetic, durable, age-appropriate, supports quality education, versatile design, accessibility, and extracurricular support. Each factors of demanded quality are secure perimeter, expansion ability, energy rating for heat/cooling, school colors, high quality building supplies, multipurpose room, parking, and others.

Each legend types in this matrix are strong relationship (9), moderate relationship (3), week relationship (1), correlation (strong positive, positive, negative, strong negative), objective is to minimize, objective is to maximize, objective is to hit target.

This research gathered several type results for this study purpose by this analysis technique method.

3. SPACE FEATURES AND FEATURES OF HE

Result - Space Features, Features of People's Care - The residential profile includes as many as 72% or more residents being 79 years or older. Female residential numbers are twice that of male residents. The registered staff numbers amount to 45, 42 persons in each of the facility consisting of director, nurses, art director, and various therapists.

3.1 Healing Home 'Samsung town'

This care home was built as an oval shaped, one level structure connected to an existing castle from 1885 on one end. The oval-shaped residential units embrace a courtyard and are divided into four units, two units for the somatic disorders and two units for dementia care. Each unit has ten private flats.

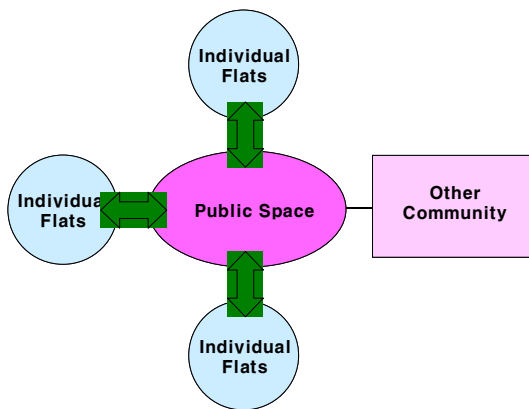


Figure 1. Public space & individual flats in an unit

a. Space features

Their public space: There is one common living room and one kitchen (open space) connected to the dining room in each unit. From the dining room it is easy to access the inner courtyard. These rooms are located in the center, surrounded by the residential rooms to accessibility from the private spaces. And their private space: Private flats are to prove

amenities for sleep, rest, meals, hygiene and other daily activities. Residential personal bath in each private space has a sliding door for easy wheel-chair access.



Figure 2. Square separated by green hedges creating privacy in Paris. (Main dwelling & residential units)

b. Feature of elderly care

The philosophy is particularly important for new residents who are not yet acquainted with the setting. They stay 3-6 hours with their family members at Samsung town for one week. The planting boxes, street furniture, and fountains function as a landmark to the residents. Wide glass windows and classic doors were planned to accept daylight everyday.

3.2 Healing Home 'Sabyhemmet'

Sabyhemmet is located within a short walking distance to the children's day care center, the shopping center, and several residential apartment buildings. The care home provides several generous squares for the community groups and organizations to enhance social connections between community and the resident.

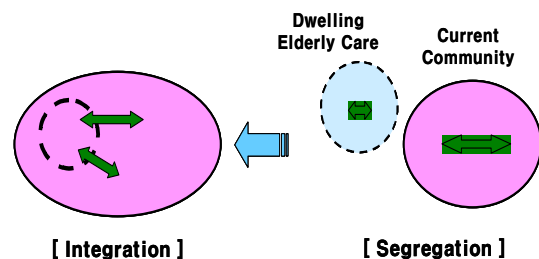
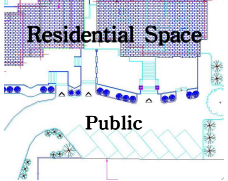

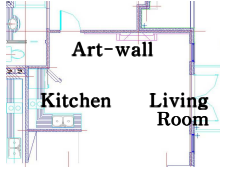





Figure 3. Integration & Segregation

Table 2. Features of Interior & Exterior Space

Specification Object Name	Plan & Site plan	View Images of Interior & Exterior Space
Sabyhemmet		
Samsung town		
Community space		

a. Space features

Their public space: There is one common living room and one kitchen connected to the dining room in each unit with one laundry room. Each public area gave the core to their rooms. Seniors living in the community may drop in for social relationship every-day morning. And their private space: Their private flats are divided into two levels. Hallways and doors are wide to accommodate wheel-chair. Bedroom's window ledges are more and more low, allowing a bed positioned view level. Residential personal bathroom is large enough in each private space to access wheel-chair and staff.

b. Feature of elderly care

Integration with the community in deliver this concept was prioritized over separateness. This people's care home was deliberately situated adjacent to the children's day care center and the govern center including with banks, tea shops, restaurants, and other shops. This people's care home open multi-purpose spaces

for gatherings, hobby square such as woodworking square, and conference square.



Figure 4. Open Multi-Purpose Square



Figure 5. Private zone & Community

4. CONCLUSION

This study has examined health of everyone interior design plan factors in France homes and discussed possible implication to Korean homes. The result of this study indicate benefits on areas;

However, to directly transfer and apply interior design features from France examples to Korean homes without consideration of architectural, cultural, and spiritual differences would most likely create redundant consequences.

This study has three fold; 1) to explore and identify health supportive interior design factors in France care homes and 2) to understood their usefulness and suggest implication in Korean people care settings and 3) to adaptive their tools and skills.

According to this study, the valuable factors to support health and healing for the elderly are as follows; 1) Community integration: These everyone care homes are generally places close to a residential area center or a city center. Services are often shared between residents and community members at large organize, consequently there is a flow of "visitors" of all ages connecting with the facility on a daily basis. 2) Homelike environment: A noteworthy aspect of France people care homes is keeping the facility appearance as homelike as possible. The associations with home may be explored through the appearance and configuration of the interior of the house. These homes seemed to be designed with a conscious aim to create a homelike setting. 3) Accessibility to garden and nature: The courtyard is a developed well concept in planning care homes in France. They are generally safe and easily accessible to the residents. Studying France models may provide practical knowledge of how the physical setting may improve resident's health in Korean care

homes. These quantitative studies to further examine valuable environmental factors affecting resident's healing positively in Korea.

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