LIVENARCHVIII livable environments & architecture

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September 27-29 2023 Trabzon TÜRKİYE



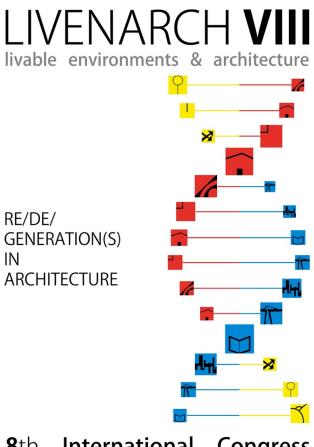
LIVENARCH VIII livable environments & architecture

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september 27-29 / 2023 Trabzon – Türkiye

karadeniz technical university faculty of architecture department of architecture



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september 27-29 / 2023, Trabzon – Türkiye karadeniz technical university, faculty of architecture, department of architecture

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AN ELDERLY FRIENDLY LIFE WORKSHOP" EXPERIENCE

Zafer KUYRUKÇU¹, Raziye ÇINAR²

¹ Asst. Prof., Konya Technical University, Faculty of Architecture and Design, Department of Architecture, Konya-Türkiye, zkuyrukcu@ktun.edu.tr (Responsible Author)

² Master's Student, Konya Technical University, Faculty of Architecture and Design, Department of Architecture, Konya-Türkiye, arch.raziyecinar@gmail.com

ABSTRACT

Architectural structures are formed and shaped accordina to social requirements. Nursing homes, which were referred to with negative concepts such as elderly dormitory and nursing home in the past, are now called geriatric life and care centers. Geriatrics is a health field that makes it possible for the elderly to receive the necessary support, treatment and adaptation to the diseases and changes that people face as they age. "Geriatric Life Centers" are also centers that provide housing for the elderly, provide solutions to health problems, and provide them with social and cultural activity areas. Undoubtedly, our task as architects is to design structures where elderly people can spend the last periods of their lives happily. For this purpose, it is aimed to design a care and living center where the elderly can feel at home and receive the necessary care and treatment at the Studio 7 Workshop in the Fall Semester of 2022-2023 under the direction of Asist, Prof. Zafer Kuvrukcu. In this study, student projects, architectural design process and final products of the 2023 Fall Semester-Studio 7 Workshop will be presented. Students were asked to design a 'visitor-friendly' elderly living and care center consisting of outdoor, semi-outdoor/semi-indoor and indoor spaces that are integrated with the environment, meet the individual and social needs of the elderly, provide rehabilitation services. Firstly, in the first weeks of the design process, in order to collect data on the subject and create a needs program, the development of geriatric life and care centers from past to present in our country and around the world was analyzed, and projects designed on this topic were read. Trips were made to the area for environmental analysis purposes, the connection between the land and the environment was analyzed, and the process was supported with in-class criticisms in the following weeks. The project process has been completed as two visas and final delivery. When looking at the projects produced at the end of the semester, it was seen that students approach the subject sensitively; they propose projects that are spatially adequate, connect with the environment, are

visitor-oriented, offer areas where elderly people can socialize, integrated with nature.

Keywords: Ageing, nursing home, geriatrics life and care center design, architectural design workshop

INTRODUCTION

Architecture is formed, developing, transforming and taking shape depending on societies and social needs. From this point of view, housing, accommodation and treatment centers for the elderly, which were not needed until 50 years ago, have become a part of normal life today. In this process, it was referred to with negative concepts such as 'Old People's Dormitory' and 'Retirement Home'.

In the past, the logic of the formation of these structures was aimed at meeting only the basic needs of the elderly. However, scientific research and studies conducted today emphasize the importance of meeting the housing, accommodation and care needs of the elderly in these centers, as well as ensuring that they feel at home and meet their sociocultural needs with their peers. Although there is a decline in the coanitive and physiological abilities of an individual in old age, there is a period when there are losses in areas such as social life, productivity, role and status, social environment, social support, and economic level (Konak and Çiğdem, 2005; Bahar, Tutkun and Sertbaş, 2005). The production of solutions to the problems and needs of the elderly has a very serious social importance. For this reason, it is essential to examine the possibilities and services offered to the elderly (Cavus, 2013). Therefore, our main task as a designer is to create spaces and design structures where this mass of users can spend the last periods of their lives happily and peacefully. Architecture needs to understand the sensitivity needed in this direction and produce solutions.

As in all developed countries today, life spans have increased with the development of medical conditions in our country and there has been an increase in the elderly population (Uyanık, 2017). As a result of this, elderly care homes appear as an issue that needs to be worked on (Şeker and Kurt, 2018). Geriatrics is a health field that makes it possible for the elderly to receive the necessary supports and treatments they need and adapt to the process against the ailments and changes that people face due to old age, and 'Geriatrics Life Centers' have been established in accordance with these requirements. These centers provide solutions to the health problems of the elderly, meet the housing needs, offer various socio-cultural opportunities and activities.

Accommodation, housing and treatment centers for the elderly, which have become a part of normal life, have been referred to with negative concepts such as 'Elderly Dormitory', 'Nursing Home' in the past. Within the scope of this study, based on the perceptual and functional transformation of these nursing homes, which are currently called 'Geriatric Life and Care Centers', it is aimed to understand this phenomenon, disseminate it and raise awareness of the generation with the goals of 'a studio study aimed at improving the quality of life of the elderly'.

Within the scope of the study, it is aimed to design a care and living center where the elderly can receive the necessary care and treatments, where they will feel almost at home, where socio-cultural needs are provided, at the Studio 7 Workshop of Konya Technical University, Faculty of Architecture and Design, Department of Architecture for the Fall Semester 2022-2023. In this study, the architectural design process and architectural products of the Studio 7 Workshop for the Fall Semester of 2022-2023, which was completed under the supervision of Asist. Prof. Zafer Kuyrukçu, will be presented.

In the first weeks of the design process, in order to collect data on the subject and create a needs program, the development of 'Geriatric Life and Care Centers' in our country and around the world has been analyzed from the past to the present, and projects designed on this topic have been read. The students were asked to design a 'visitor-friendly' geriatrics and living center consisting of open, semi-open/semi-closed and indoor spaces that are integrated with the environment and provide the necessary rehabilitation services. In this direction, trips to the study area were organized, the terrain environment was analyzed and the process was supported by in-class presentations on the subject. In the following weeks, 2D and 3D presentations of the proposed projects were requested and the process was progressed with criticism in the studio.

GERIATRICS AND GERIATRICS LIFE CENTER

Buildings or groups of buildings where elderly individuals are together and where certain services are provided to them are called "Elderly Dormitories". It is still difficult to name these buildings designed for the elderly in our country. A number of names such as elderly dormitory, nursing home, rest house are encountered. But the most widely known among them are nursing homes (Kuzu, 2010). The concepts of "Old People's Dormitory" and "Nursing Home" create a more negative connotation than the concept of "Care Center" due to both negative perspectives on the Turkish family structure and spatial negativities in previous years. There are also those who call nursing homes as "Dormitories for the Weak". It is impossible to accept this. An elderly person may have chosen a quiet life away from society in a care center even though he is in a very good condition both physically and mentally. This is the right of prefer, which is the most natural right of the individual (Kuş, 2019). It is obvious that this has nothing to do with weakness. Not all of the paintings presented to us by life should be considered natural, and expressions emphasizing the tragedy of man should be used in philosophical approaches if necessary, and should not be given as a name to a building (Kuş, 2019).

Nursing homes, which have emerged as a need of modern society, have been formed with the aim of ensuring that the elderly in our country spend the rest of their lives comfortably (Ardahan, 2010). From this point of view, 'Old People's Dormitories and Nursing Homes', which have perceptually negative sensations, have been inadequate in terms of housing-oriented functions related to the logic of formation; the feeling of the home environment that should be provided for the elderly, socio-cultural interactions with peers, necessary health care, high space quality needs (Arpacı, 2005).

The conceptual transition from a negative concept such as an Elderly Dormitory/Nursing Home to a Care Center is actually an indication that this structure will be used more spatially. Along with the concept, the spatial structure of this architectural structure has also undergone change and transformation over the years. While previously it only met basic vital needs, scientific studies conducted today discuss whether the structures used for the same purpose give a sense of home or whether there are sufficient relaxing spaces (Özer Baş, 2022).

Currently, 'Geriatric Life Centers' have been formed that provide care and treatment services for the elderly with the purpose of meeting special housing, accommodation, treatment and other socio-cultural, physical and psychological needs (Bilir, 2018). The concept of 'geriatrics' means elderly medicine (Bölüktaş, 2019). 'Geriatrics in Medicine' is a field of science that aims to protect the health of elderly people, diagnose and treat diseases that are common in elderly people, but also for elderly people to continue their lives as social and independent individuals. In other words, Geriatrics is a health field that makes it possible for the elderly to receive the necessary support, treatment and adaptation to the diseases and changes that people face as they age (Çevik, 2019).

Today, Geriatric Life Centers are care centers focused on providing a sense of home to the elderly, which meet the housing needs of elderly

people, as well as the treatment of ailments caused by old age and various individual needs. These centers were formed in England in the late 1950s and early 1960s.

In our country, the centers focused on elderly care are based on a subground extending from the Seljuk period to the present day. The development of these centers in our society over time, they have been established in order to treat the elderly as ancestors in every period and to provide them with the best access to the care they need. With this solid foundation, the transformation process of the Nursing Home phenomenon with negative perception to Geriatric Centers has emerged for the first time in our country since the 1990s (Gürer, Çırpan and Özlen, 2019).

When the formation and development processes of Geriatric Life Centers are examined, it is seen that these structures are formed within the framework of certain main units and subunits (T.C. Cumhurbaşkanlığı Mevzuat Bilgi Sistemi, 2001) (Table 1).

a-Yaşlıların Kullanımına Yönelik Bölümler;	b-Hizmet Bölümleri;			
Giriş holü Oturma salonları Yemek salonları Kişisel yaşam alanları (yatak odaları) Sağlık ve temizlikle ilgili bölümler Ortak kullanım alanları Rekrasyon alanları Atölyeler Kitaplık/kütüphane İbadethane	 Sağlık hizmetleri bölümü Hasta yatak odaları Doktor, muayene odası Başhemşire, hemşire, nöbetç hemşire odası Sosyal hizmet uzmanı Jimmastik odası, masaj Genel hizmet bölümü Mutfak Çamaşırhane Terzi Berber Teknik servisler Depolar 			
c-İdari Bölüm;	d-Dış Tesisler;			
Ofis Hizmet personeli lojmanı	 Ön bahçe ve tesislere giriş Bahçe Sera Otopark, garaj 			

Table 1. Geriatrics Life Centers Main Unit and Subunits

2022-2023 FALL SEMESTER STUDIO STUDIES

The 2022-2023 Fall Semester Studio 7 Workshop aims to provide a 'Studio Work to Improve the Quality of Life of the Elderly' experience in which the elderly will feel at home, their treatment and care will be provided, they will have various socio-cultural opportunities with age groups, which will improve their quality of life.

In the first weeks of the design process, the development of geriatric life centers in our country and in the world has been analyzed from past to

present along with the concepts of old age, geriatrics and geriatric life centers in order to collect information about the subject and define the needs program. In this regard, students were asked to make presentations and poster studies, a conceptual framework was created with interactive information transfer in the classroom, sample projects were read and the basis for the needs program was created in line with the projects read (Table 2).



Table 2. Conceptual Framework Sheets of the Students

As the project area, a fairly large area, about 100,000 m² of land has been defined within the boundaries of Meram, one of the central districts of Konya city. The proximity of the defined area to the city center and the intertwining with nature are in parallel with the goals of this studio project, which has both a user-oriented and visitor-oriented design goal. Trips to the study area were organized, the connection between the land and the environment was analyzed together with the students on site. In this context, detailed environmental analysis sheets were requested from the students, in which environmental texture, connections, approaches were read, local and climatic data were taken into account, and which will be further elaborated, presentations were made in the classroom in accordance with the sheets prepared by the students (Table 3).



Table 3. Environmental Analysis Sheets of the Students

EDUCATION

The needs program has been shaped by sample surveys and land data of Geriatric Life Centers located in the world and in our country. The main places of the needs program created within this scope are the Entrance Department, Administration Department, Food Department, Accommodation Department, Casual Common Spaces Department, Health Units Department, Cultural Activities Department, Social Activities Department, Service Department, Technical Department, Shelter and Parking Department (Table 4).

MEKÂN İSMİ	adet	m2	Toplam	SAĞLIK BİRİMLERİ BÖLÜMÜ			1224
GİRİŞ BÖLÜMÜ			300	BAKIM ODALARI- duş tuvalet imkanı, iki yataklı	5	48	240
RESEPSİYON uygun karakter ve büyüklükte lobi içinde çözülmek üzere tasarımcıya			KONSÜLTAN DOKTOR ODASI	1	36	36	
bırakılmıştır.				HEMŞİRE ODASI	1	36	36
GÜVENİK- KAMERA ODASI				PSIKOLOJIK DANIŞMA	1	48	48
BEKLEME SALONU - Resepsiyon ile birlikte düşünülecektir.				FIZYOTERAPI ODASI	1	64	64
WC - uygun büyüklük ve sayıda çözülmek üzere tasarımcıya bırakılmıştır			MEZOTERAPÌ ODASI	1	64	64	
YÖNETİM BÖLÜMÜ			236	MASAJ SALONU	2	64	
MÜDÜR ODASI	1	48	48	HIDROTERAPI ODASI	2	64	128
MÜDÜR YARDIMCISI (8 kişilik toplantı imkanlı)	1	32	32	FIZIKSEL TEDAVI VE REHABILITASYON	1	128	128
SEKRETER	1	24	24	PILATES-YOGA-MEDITASYON ODASI	1	128	
ARSİV	1	24	24	PALYATIF BAKIM MERKEZI	1	128	128
MUHASEBE	1	24	24	EGZERSİZ HAVUZU- spor birimleriyle birlikte çözümlenebilir	1	48	48
TOPLANTI ODASI	1	64	64	MORG- çözümlemesi bodrum katta yapılacaktır	1	48	48
WC - uygun büyüklük ve sayıda çözülmek üzere tasarımcıya bırakılmıştır				WC - uygun büyüklük ve sayıda çözülmek üzere tasanıncıya bırakılmıştır			744
YEMEK BÖLÜMÜ			1306	KÜLTÜREL AKTİVİTELER BÖLÜMÜ			
KAHVALTI SALONU – kişi başına 0.80 m2 alana sahip, açık büfe imkânlı,				KÜTÜPHANE-OKUMA SALONU	1	128	128
gün içinde kafe gibi kullanıma imkân sağlayabilir yatak kapasitesinin	1	256	256	EL İŞLERİ - ÖRGÜ ATÖLYESİ	1	64	64
%75ine hizmet verecek				AHŞAP ATÖLYESİ- alet deposu içermelidir	1	48	48
RESTORAN – kişi başı 1,2 m2 asgari	1	384	384	MODA TASARIM ATÖLYESİ	1	48	48
MUTFAK - restoran büyüklüğünün %50-601 kadar, hazırlama, pişirme,				MUTFAK ATÖLYESİ-depo içermelidir	1	64	64
servis ofisi, servis bankosu, bulaşık bölümlerini erecektir, kahvalu salonuna, restorana hizmet edecek şekilde düzenlenmelidir	1	250	250	TİYATRO ATÖLYESİ-depo içermelidir	1	48	48
				HALK OYUNLARI- DANS ATÖLYESI	1	64	64
DEPOLAR				MÜZİK ATÖLYESİ-müzik aletleri için depo içermelidir	1	64	64 48
GÜNLÜK YİYECEK DEPOSU	1	40	40	EBRU- EL SANATLARI ATÔLYESI	1	48	48
KURU ERZAK DEPOSU	1	120	120	HEYKEL ATÖLYESİ	1	48	48
SOĞUK DEPO	1	120	120	RESIM ATÖLVESI			
PERSONEL ODASI				*Heykel, resim ve seramik içerikli kurslar düzenlenecektir. Resim			
Personel için bay/bayan soyunma+duş+wc	2	36	64	aletleri deposu içermelidir.	1	48	48
Dinlenme bölümü	2	36	72	EĞİTMEN ODASI	1	48	48
WC - uygun büyüklük ve sayıda çözülmek üzere tasarımcıya bırakılmıştır				VİTAMİN BAR	1	24	24
				WC- uygun büyüklük ve sayıda çözülmek üzere tasarımcıya bırakılmıştır			
				SOSYAL AKTIVITELER BÖLÜMÜ	_		1040
KONAKLAMA BÖLÜMÜ (40 oda)			8676	OYUN ODALARI - masa tenisi, bilardo, internet, satranç	1	128	128
TEK KİŞİLİK ODA Yatma, çalışma, dinlenme ve ıslak hacim	100	36	3600	SİNEMA	2	64	128
%20'si engelli kullanıcılara göre düzenlenecektir. Engelli odaları m² olarak				KANTIN- VITAMIN BAR	1	128	128
gereksinimlere uygun tasarlanmalıdır.	-		1000	FUAYE	1	64	64
*ÇİFT KİŞİLİK ODA Yatma, çalışma, dinlenme ve ıslak hacim	100	48	4800	TÜRK HAMAMI	2	64	128
%20'si engelli kullanıcılara göre düzenlenecektir. Engelli odaları m² olarak				*SOĜUKLUK	1	64	64
gereksinimlere uygun tasarlanmalıdır.	3	36	108	*ILIKLIK	1	64	64
KONUK ODASI			72	BUHAR ODASI	1	18	18
KAT OFISI- konaklamanın olduğu her katta olmalıdır	2	36		SAUNA	2	18	36
İBADETHANE- kadın erkek olarak ayrılacaktır. Abdesthane içermelidir.	2	48	96	FITNESS SALONU	1	90	90
*sandviç, çay, kahve hazırlama imkanı verecek küçük mutfak içerecektir.			472	KAPALI YÜZME HAVUZU - büyüklüğü tasarımcıya bırakılmıştır			
GÜNDELİK ORTAK MEKANLAR BÖLÜMÜ		_		MASAJ ODASI-lavabo,çamaşırlık vs. olcak	4	18	72
KANTÍN- VÍTAMÍN BAR	1	64	64	SOYUNMA ODASI+DUŞ+WC	2	60	120
FUAYE-we dahil-bar olacak	1	128	128	WC- uygun büyüklük ve sayıda çözülmek üzere tasarımcıya bırakılmıştır			
KUAFÖR	1	48	48	HİZMET BÖLÜMÜ			208
BERBER	1	48	48	KURU TEMİZLEME	1	48	48
TERZİ	1	36	36	ÇAMAŞIR DEPOSU, YIKAMA	1	64	64
REVİR	1	48	48	ŪTŪ ODASI	1	48	48
DOKTOR-HEMŞİRE ODASI	1	36	36	PERSONEL ODASI - 2 yataklı 2 oda şeklinde tasarlanacaktır	2	24	48
	i	64	64	WC - uygun büyüklük ve sayıda çözülmek üzere tasanıncıya bırakılmıştır			
ORTAK MUTFAK			-	TEKNÎK BÖLÜM			180
	1						32
	-			ISITMA	1	32	
WC - uygun büyüklük ve sayıda çözülmek üzere tasarımcıya bırakılmıştır				ISITMA HAVALANDIRMA - KLİMA (genel mekânların tamamında olacaktır)	1	32	32
WC - uygun büyüklük ve sayıda çözülmek üzere tasarımcıya bırakılmıştır Dış mekan düzenlemelerinde rekreasyon alanları, hayvanlar için							32
WC - uygun büyüklük ve sayıda çözülmek üzere tasarıncıya bırakılmıştır Dış mekan düzenlemelerinde rekreasyon alanları, hayvanlar için Darınak, ziyaretçi çocukar için oyun parkı hobi bahçesi, sahalar ve	1			HAVALANDIRMA - KLİMA (genel mekânların tamamında olacaktır)	1	32	
	1			HAVALANDIRMA - KLİMA (genel mekânların tamamında olacaktır) ELEKTRİK ODASI	1	32 32	32
WC - uygun büyüklik ve sayıda çözülmek üzere tasarıncıya barakinınştır Dış mekan düzenlemelerinde rekreasyon alanları, hayvanlar için barınak, ziyaretçi çocukar için oyun parka hobi bahçesi, sahalar ve bəl miktarda yeşil alan tasarlanması beklenmektedir.	1			HAVALANDIRMA - KLİMA (genel mekinların tamanında olacaktır) ELEKTRİK ODASI SU DEPOSU	1 1 1	32 32 24	32 24
WC - uygun büyüklük ve sayıda çözülmek üzere tasarıncıya barakılmıştır Dış mekan düzenlemelerinde rekreasyon alanları, hayvanlar için Darınakı, ziyaretçi çocukar için oyun parkı hobi bahçesi, sahalar ve	1			HAVALANDIRMA - KLIMA (genel mekinların tamanında olacaktır) ELEKTRIK ODASI SU DEPOSU GENEL DEPO	1 1 1	32 32 24	32 24

Table 4. Project Requirements Program

Within the framework of the needs program created depending on the project requirements, students were asked to work on a Function Scheme for the purpose of creating spatial organizations. At this stage, first of all, it was provided to determine the main unit relationships, and then determine the subunit relationships (Table 5).

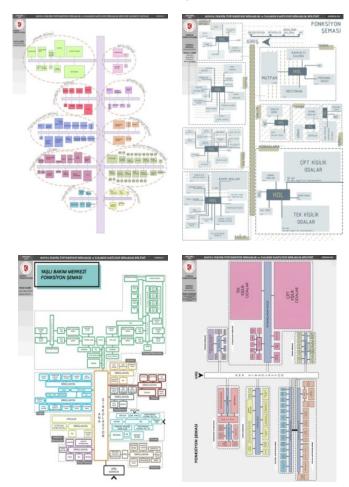


Table 5. Function Diagrams of Students

At the next stage, students were asked to work out spatial relationships with environmental analysis, needs program and function scheme, and to work out Stain Studies with land data and analysis in accordance with project requirements (Table 6).



Table 6. Stain Study Sheets of Students

In line with the criticisms given after the interactive presentations of the stain studies in the classroom, students were asked to enter the 2dimensional and 3-dimensional designs of the "Geriatrics Life Center" projects. In this context, in addition to general mass construction, layout plans and floor plans, students were also asked for sections and views studies in which they could explain their projects more clearly (Table 7).



Table 7. Layout Plan Sheets of Students

Within the scope of the study, in accordance with the concept of a life center project for the elderly, a center that is compatible with the environment, has strong building-garden relations and high spatial quality, that will serve both the user audience, i.e. the elderly, and the visitor is aimed. Accordingly, students were expected to develop a qualified fiction that would allow for various socio-cultural activities in the designs of the layout plan (Table 8).



Table 8. Ground Floor Plans, Sections and Views Sheets of Student

The project process has progressed in line with the criticisms, and the studio works have been finalized as two intermediate jury and final submission.

In the final delivery, final presentation sheets, 3D modeling studies and model studies were taken from the students (Table 9).



Table 9. Final Studies of Students

Table 9.a. Final Studies of Group 1



EDUCATION

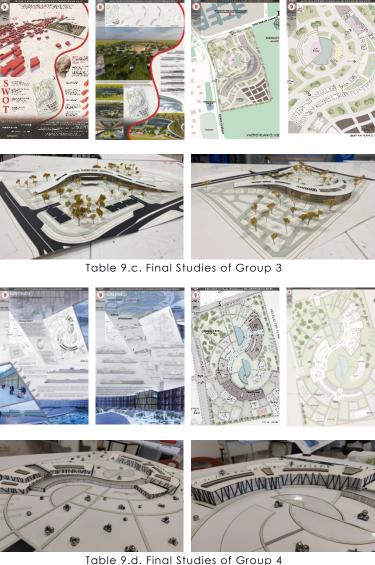


Table 9.b. Final Studies of Group 2

CONCLUSION

Architecture is a discipline that creates healthy, livable and aesthetic spaces for users by evaluating the possibilities and limitations of the natural environment in a way that responds to the wishes and requirements of the user through certain criteria.

As in the educational programs of other disciplines involving design and creativity, the weight of theoretical and applied studio (design) courses aimed at giving students design and creative skills in architecture education programs is quite high. Studio courses in architectural education are conducted in a master-apprentice relationship by criticizing the product designed by the student at the desk. In this educational process, the most important phenomenon that prepares the student for the profession and allows him to focus on the design process is the basic educational studios where basic design and space concepts are given. Although architecture is an individual action, the built environment formed by architectural actions is public. Therefore, education is provided in architecture studios with social benefit in mind.

Based on this awareness, taking into account the recent period when the proportion of the elderly population in the total population has been gradually increasing, students were asked to design a "Geriatrics Life Center" project at the architectural design workshop of the 7. semester of 2022-2023. Because the studies usually conducted on the elderly have been concentrated in the fields of sociology, psychology, social services, geriatrics, public health, nursing, but have been insufficient in the field of space design. However, it is known that many elderly people today cannot fully meet both their physiological and psychological needs as a result of the fact that the spaces they live in do not provide the necessary conditions at a qualitative and quantitative level.

With this sensitivity, the students worked for a semester and prepared presentation sheets and presentations by conducting research on the subject in the first weeks. In the following weeks, the process progressed with environmental analyses, stain studies and spatial analyses, accompanied by the criticisms given to the students. Every week, project criticisms continued by enriching 2-Dimensional project presentations, 3-Dimensional presentations and mock-ups.

When the final project of the students at the end of the semester are examined, it is seen that the students have information equipment within the conceptual framework of old age, geriatrics, geriatrics life centers. When we look at the layout plan designs, it is seen that pedestrianvehicle circulations that allow various socio-cultural activities are defined, qualified designs with a focus on green space are created in harmony with the environmental texture. When the floor plans are examined, it is seen that the with high spatial quality and strong relationships intended within the scope of the project are provided and the accessibility between floors is easy. As can be read from the presentation sheets and model studies, it is seen that the projects have a design concept that spreads horizontally, intertwined with nature. As a result, the "Geriatrics Life Center" project for the fall semester of 2022-2023 was successfully completed as a result of interactive information transfer and experience under the coordination of Asist. Prof. Zafer Kuyrukçu. In this context, where students approach the subject sensitively, it has been seen that structures with the expected spatial quality have been created, visitor-oriented, offering spaces for elderly people to socialize, integrated with nature that are suitable for the land structure and have strong ties with the environment.

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