

Ideal Living Space to Fulfill Elderly Activity in Retirement House

Kemala Fitri Adelia¹, M. Galieh Gunagama²

¹Jurusan Arsitektur, Universitas Islam Indonesia

¹Surel: 17512022@students.uui.ac.id

ABSTRACT: Retirement House is where the living space that the elderly live together in there. In Indonesia, living space for elderly is limited and almost all of it still hasn't fulfilled the standard of living for the elderly. The living space for the elderly or we call it Retirement House should have a proper area of space that has to fulfill the standard so it will meet the elderly needs. From the research, it is conclude that the ideal living for elderly people have to be considered from the characteristics of each individual, seen from Universal Design factors, and can be following the development of the era.

Keyword: elderly, retirement house, ideal space.

INTRODUCTION

As a human, we need a place for living and it is one of the important needs. Therefore we need a place called home as a shelter and protect us from the rain and heat or other danger that exist outside. According to the Cambridge Dictionary, a home can be interpreted as a house. House itself according to the Cambridge Dictionary has a meaning as a building that people usually live in as a family.

A place for lived in or often we called as a home should be designed with consideration or the space needs of the occupant of the house. For example, what kind of room in the house is required to have or the standard of the kind of room that is needed in the house with the consideration that already adjusts with the occupant. However, the limitation of the land to build a house has become one of the reasons to have limited space in the room. The space that is designed is mostly using the average dimension standard of humans and usually, it is not quite compatible with elderly people's dimension standard of living.

In Indonesia, the living space for the elderly, or called retirement houses are rarely can be found. Usually, the occupant of the retirement house is for elderly that not possible to undergo their treatment at home because the rest of the family are busy with their work or can't take care of the elderly people in a good way.

Because of the limitation of the amount of the retirement house in Indonesia, the quality of the retirement house is often get neglected it makes the room or the space inside the retirement house some of it do not fulfill the standard for elderly people. Because of the limitation in the retirement house, sometimes make the activity inside of the retirement house is not optimal. The facility of the elderly house also some of it are still improvised.

The purpose of the study here is to know the standard space design for elderly people in a retirement house and what kind of activity can be done in a retirement house by considering the standard of the design space for elderly people. To get this target, it can be discussed how the design standard space for elderly can be applied in the design and how to keep the quality of the design can be handled to the design through the study.

The design space standard discussed in this study tends to have a quality for the activity of elderly people that is adapt to the condition in Indonesia. From this study of design standards for elderly people, it is expected to be an improved retirement house in Indonesia.

Also in the future, the number of elderly people will increase and in the future, if elderly people have to choose to live in the retirement house, it is expected to can give an ideal standard of space for elderly people so they will feel more comfortable and can feel like their own home.

LITERATURE REVIEW

Doing research based on literature studies are becoming an alternative way to deepening the study from other source or other researchers. By do the study from other references or the other researcher as a data to our research, it can be the way to compare from the theories that obtained and can be drawn a straight line or the similarities that can be taken as a conclusion to research.

In this case, Ideal Living Space to fulfill Elderly Activities In Retirement House are using the comparison from the journals or books that have similar topics discussed and can be concluded to answer the topic about the ideal living space for the elderly and the standard of it. The urgency of doing the literature studies in this research is to know the ideal space for the elderly in retirement houses for the living space of the elderly. From that urgency, it can be expected to repair or to complete the retirement house that already exists in Indonesia and can make a better retirement house for the elderly.

As we know in Indonesia has a retirement house that maybe not fulfill the standard of living space yet for the elderly. In this research, from the theories that are obtained from other references such as journals and books, it is expected to improve the quality of living for the elderly in a retirement house.

According to theory of Ideal Space^[1], it is stated that in every decade, the needs for the elderly are different that adjust to the situation. This statement can be the consideration of making the standard or the needs of the room for living in the retirement house. More detail about this theory and the other theories will be explained in the result and discussion that will elaborate more about the ideal living space for the elderly, especially the living space that can be applied in Retirement House.

METHODOLOGY

The primary research method for this study is a literature study by enhancing the theory that is relevant to the research using a literature review. The material selection for this research is based on the elderly needs. The selection of theories will be studied correlates with the ideal space for the elderly.

The first step to start the research is by collecting the journal or the book that is relevant to the topics of the research. Because the research method is using literature studies, it has to have many references to theory to enrich the research. After selecting the theory that will be used for this research, the selected theory is used for the data for answering the topic, it is the ideal living space for the elderly in a retirement house.

From the collected theory, it already has the base of the research to start the analyze the data. After organizing the data, it can produce the accomplished conclusion of the

research.

RESULT AND DISCUSSION

The first study is from Theory from the journal that discuss about Ideal Space^[1]. The purpose of the research is to prove that the elderly can survive the perfect life in an environment shaped by using ideal spaces. By categorized the elderly by the ages of the adults and their expectations from the aging period, principles will be set for the ideal space design for the elderly of the future.

When the definition of elderhood is made, it is stated that the elderly are grouped according to their age range and care level as

- (1) Seniors who are independent and who can survive without needing the help of others;
- (2) Healthy and almost independent elderly people;
- (3) Older people who need continuous care.

Lastly, it has purpose to follow the developments in the elderly places on a world scale and in chronological order. Examples of places designed for the elderly were examined.

From the journal, it can be known the development in each decade with more research about what is the elderly need for their living.

For example in the chapter of Examples of Spaces Designed For The Elderly, from the 1950's Review until 2000's Review it can be seen the development in the quality of the Residents for the Elderly. From the 1950's review that the governments begun to recognize the elderly problem and their needs, it is developed through time and their research to the what is the ideal living space supposed to be for the elderly.

According to the theory, by the development of time, it has changed the quality that has to be improved with adjusting to the activity and the needs of the elderly people. From this theory, it can be studied for the changes in the retirement house should be considering the activity of elderly people nowadays.

So from this theory, it can be concluded that for Ideal Retirement House should be following the development of the era. Because as time goes by, the needs of the elderly have to be able to adjust.

The Second Theory is from the journal that discuss about Requirement space for the elderly^[2]. The purpose of the research is to revealed the way to take care the universal criteria in space design for elderly and disabled people.

This discussion intended to seem at the solutions for the space design-focused problems encountered by elderly and disabled people from the attitude of "universal design" and search for the solutions for the common problems in design issues. To produce this point of view, it is discussed that how the design quality desired in general design approaches should be handled in specialized building design in the scope of this study. At this time spatial requirements for elderly and disabled people are going to be evaluated systematically within the frame of universal design.

Examining from the attitude of Equitable Use, Flexibility in Use, Simple and Intuitive Use, Perceptible Information, Tolerance for Error, Low Physical Effort, Size and Space for Approach and Use, which are among the abovementioned universal criterion, it's necessary to fulfill the requirements of 'design for everyone'. In this sense, from the point of view of

elderly and disabled people, the universal design principles are interpreted because of the following,

- The Equitable Use standard should be easy to use, easy to access for different skills and perceptions. Care and shelter needs vary with the elderly and people with disabilities. In this regard, it is necessary to make and make various adaptations related to space and equipment easy to use. It is easy to access in terms of shelter options, as indicated in the title of space needs.
- Simple and Intuitive Use standard: space should be transformed into platforms that integrate societies and stop isolation; aside from the users' experience, knowledge, culture, and distinctiveness of their level of concentration.
- Perceptible Information standard: the design should be environment-friendly and can enable the users to reveal their sensual skills. It should be consonant with nature from the attitude of elderly and disabled people and will minimize negative environmental factors, from which users benefit at maximum level. In this sense, the most idea is to give a simple way to access design for elderly and disabled people.
- Low Physical Effort standard: it's necessary to supply space and equipment that may require minimum tiredness, be productive and cozy for users. In this sense, this criterion is that the foremost vital spatial and equipment related adjustment for elderly and disabled people. Coordination is the ideal design problem in terms of arrangement and equipment both in internal/external space for those elderly and disabled people with a certain disability. Within this framework, the user profile has to be determined meticulously and usage of space has to be adjusted accordingly.
- Size and Space for Approach and Use standard: aims to shape the space consistent with the most effective spatial measure approach and guidance; and in line with users' body shape, size, and form of action. In this sense, anthropometry and sort of action of elderly and disabled people should be forceful in terms of space and equipment design.

From the results of these criteria, the required program of education, care, shelter, and center for elderly and disabled people are going to be shaped.

From the journal, it can be known about the ideal spatial space or requirement for the elderly. In this journal, it is explained about the spatial needs of elderly and disabled people from a Universal Design perspective.

To make a convenient living space for the elderly, it can be seen from the Universal Design Perspective. In this case, it must be easy to access, easy to use, simple to be transformed as time goes by that adjust with the needs of the elderly, and can fulfill the needs of the elderly; whether it is in indoor activity or outdoor activity.

From Spatial Requirement for Elderly and Disabled People within the Frame of Universal Design Journal, it's also stated that the shelter for the elderly should be adjusted with the user or occupant. For example in the chapter Spatial Needs of Elderly Population. In that chapter, it is discussed the criteria spatial that elderly that based on the character for each elderly; Independent, Semi-Dependent, and Dependent. Each character has different needs, it is one of the examples that need to be considered in making the space for living in a retirement house.

The third Theory is from the journal that discuss about design and space analysis for elderly^[3]. In this discussion, it determines the characteristics of the elderly residential standards suitable for the elderly should be quite the overall housing, like the living room, bedroom sunshine requirements, elevator demand was over the normal population.

According to behavioral activity administered within the living room of the elderly, are often divided into residential space kit sleep, toilet parlor entertainment space, reading and writing space, dining space, health space, space for storing and ancillary space. They each interspersed repeats, close relationship. Whereby the residential function space is often divided into bedrooms, living room, kitchen, dining room, bathroom, storage, and balcony several parts.

Elderly residential indoor space design got to follow function rationality, safety, practicality, health, convenience, and adaptableness design principles aimed toward providing an appropriate pension for the elderly living environment to undertake to extend the lifetime of the elderly themselves the facility to reinforce the quality of life of the elderly.

From this theory, it can conclude that the space for a living should be categorized or separated by each function and each characteristic. Space is also can be seen or can be made based on the behavioral activity of each individual of the elderly.

Besides the function, it has to consider the safety of the elderly. It has to be considered to make comfort for the elderly to live in a retirement house. As much as possible make the retirement house feels like their own home.

Based on the theories above, it has explained the character or the ideal of space for the elderly. Most of them, it is discussing the space that adjusts with the type or character of the occupant. But on top of that, it should be safe to live in and comfortable. So for the standard or the kind of room for living space for elderly, it has to be adjusted with their needs and the character for each individual of the elderly.

CONCLUSION

Based on the theories related to elderly living space that already discussed in the Result and Discussion chapter, the main point of it that can be the answer to the urgency of the research is the standard for elderly living space has to adjust with the character of each individual.

For example each elderly have a different character or different needs, some of them are the individual which is they can do their things on their own and will be uncomfortable if someone disturbing them. Some elderly need to have extra supervision or attention because of their condition. On top of that, the elderly living have to fulfill the safety standard and can make the vibe inside the retirement house are a comfort.

It can be good also if the retirement house is seen from the Universal Design perspective. Some elderly need to use a wheelchair or need a bigger space to access the inside of the retirement house. To fulfill that condition it will be good if the retirement house has a facility to fulfill the needs of the elderly.

Universal design have to be considered in this aspect. For this case, retirement house which is the living space for elderly it have to be reflect to the universal design to easier the elderly in activities inside the retirement house. With considering the universal design aspect, it can make easier the elderly with a special condition such as a wheelchair-person or elderly with the walker can easier access through the retirement house.

For the activities that they can do inside the elderly house, it has to be seen from their character and their needs. For example, the elderly that have an active activity can provide about the place for an easy workout or some place for gardening activity. Therefore for the elderly that have a passive activity can be facilitated by having a sewing session or do some light activities.

As much as possible in the retirement house, there can be held social activities so they will not be getting lonely or feel alone. Have some sharing session it will be helpful for the elderly to relieve their stress.

ACKNOWLEDGEMENT

Our biggest gratitude are given to Allah SWT., that always gave us enlightenment and guide us to be able to finish this paper. We would also like to thank M. Galih Gunagama, S.T., M.Sc for the guidance in arranging the presentation and final paper. We want to give our thanks also to any supporting parties by helping us understanding the materials and theories regarding to this paper.

REFERENCE

- HİLMİOĞLU Sennur. 2018. International Journal of Advanced Research and Review. *Ideal Space Design For The Elderly Of The Future*. 3(5), 2018; 01-08. https://www.researchgate.net/publication/330134042_IDEAL_SPACE_DESIGN_FOR_THE_ELDERLY_OF_THE_FUTURE
- Yavuz Arat. 2017. Khazar Journal of Humanities and Social Sciences. *Spatial Requirements for Elderly and Disabled People in the Frame of Universal Design, Volume 20 No 4 2017*, 5-18. DOI: 10.5782/2223-2621.2017.20.4.5
- ZHOU Yanli.2015. International Conference on Advance in Mechanical Engineering and Industrial Informatics. *Elderly Residential Space Design and Analysis: A Review*. doi: 10.2991/ameii-15.2015.366