

Optimum Design of Support and Care Home for the Elderly

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Abstract : The increase in average human life expectancy has led to a growing elderly population. This demographic shift has brought forth various challenges related to the mental and physical well-being of the elderly, often resulting in a lack of dignity and respect for this valuable segment of society. These emerging social issues have cast a shadow on the lives of families, prompting the need for innovative solutions to enhance the lives of the elderly. In this study, within the context of architecture, we aim to create a pleasant and nurturing environment that combines traditional Iranian and modern architectural elements to cater to the unique needs of the elderly. Our primary research objectives encompass the following: Recognizing the societal demand for nursing homes due to the increasing elderly population, addressing the need for a conducive environment that promotes physical and mental well-being among the elderly, developing spatial designs that are specifically tailored to the elderly population, ensuring their comfort and convenience. To achieve these objectives, we have undertaken a comprehensive exploration of the challenges and issues faced by the elderly. We have also laid the groundwork for the architectural design of nursing homes, culminating in the presentation of an architectural plan aimed at minimizing the difficulties faced by the elderly and enhancing their quality of life. It is noteworthy that many of the existing nursing homes in Iran lack the necessary welfare and safety conditions required for the elderly. Hence, our research aims to establish comprehensive and suitable criteria for the optimal design of nursing homes. We believe that through optimal design, we can create spaces that are not only diverse, attractive, and dynamic but also significantly improve the quality of life for the elderly. We hold the hope that these homes will serve as beacons of hope and tranquility for all individuals in their later years.

Keywords : care home, elderly, optimum design, support

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