

DESIGN OF HOMES FOR OLD AGE PEOPLE STUDIES AND APPROACH-OLD AGE AND CIRCULATION

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I. GENERAL INTRODUICION

In relation to the material and technological advancements in human sphere these days, the number of senior people is showing a gradual increase everywhere in the world. The word material has to be under lined here for the spiritual realm is almost neglected that human achievements so far have failed to properly address problems related to senior pillars of a society, except for mere shift in the life expectancy. But here “homes for old age people” as a major topic has been viewed through the light of design from different angles like personal hygiene, relaxation and rest, kitchen and toilets.... To assess and unravel untouched but yet sensitive issues of the same. The separate topics are as windows to look though for a better communication or interaction between the elements with in and the elements with out. This simply means the problems are technically divided in to two as ones that manifest because of problems from biological systems in the self (body) and existential interactions between the self and the environment.

This write-up tries to connect the two by looking in to special relationships holistically, for every material and idea is framed in time and needs space to manifest. It is very difficult and will be out of the scope of the theme to attempt to challenge time. But space can be designed organizing and reorganizing matter. Therefore the topic here discusses circulation and old age.

II. CIRCULATION AND OLD AGE IS OLD AGE NATURAL?

I believe man shall not attempt to fight with nature for it eventually wins. That is why it will be very important to ask in the beginning if ageing at all is natural or some thing that can be avoided.

A lot of studies have been conducted and still are proved failures to avert the process and the consequences of aging. What ever the case may be energy and only ENERGY IS!!. Based on this philosophical idea we find out that life is

a form of energy that can't be created nor destroyed. It is even difficult to trace its start for it is beyond time and it has no end for same reason. Therefore no parties for birth day and no commemoration for death of energy. Only celebration of the process of its transformation is real. This can be further elaborated by looking in to the life of stars in the universe. We should not ask what the clouds are or where they come from but just say Stars begin their lives as condensing clouds of gas, called protostars, within the cool shelter of the dusty pockets of space. These regions are at least a thousand times denser with hydrogen and other molecules than the rest of interstellar space.

Once a star begins to fuse atoms of hydrogen together to form helium, it is called a main sequence star. Energy generated by fusion produces an outward force that balances the inward pull of gravity. The mass of hydrogen fuel that a star contains determines how long it will remain in its main sequence stage. More massive stars spend less time in this stage, about 100,000 years, because of the fast rate with which they burn through their hydrogen fuel. Less massive stars, on the other hand, with smaller stores of hydrogen could remain in this balanced state for 50 billion years. Our own Sun, which is a modest-sized star, is about halfway through its main sequence life and will have enough fuel to continue fusion of hydrogen for about another 5 billion years. •Planetary Nebula

A red giant continues fusion, but begins to fuse atoms of helium together as its main power source, producing heavier atoms deep within its core. Eventually the outer layers become separated from the star and gradually blow outward to form a planetary nebula. The dramatic visual displays of planetary nebulae are rather short-lived, in the cosmic sense of time, and may last for only 10,000 years before dissipating. White Dwarfs

A white dwarf, very much like a glowing hot cinder is composed mostly of densely packed carbon since the main sequence star was not hot enough to fuse the carbon core into heavier elements like iron. The atoms that make up the star are as densely packed, as the atoms will allow. Once the outer shells of gas are shed by the red giant, and the core collapses, the star is unable to continue fusion. As a white dwarf, the star will continue to glow with residual heat for as long as several billion years. Eventually the star will grow dimmer and dimmer as the energy is dissipated

finally ending up a dead, black dwarf

The same is true for human life and old age is but the dissipation of energy.

THE NEED FOR CONCERN

Some spatial interaction of elements in and out side the body can be causes for accelerated ageing As discussed earlier though it is a natural phenomenon the rate and effects of ageing can be normalized. Excluding the presence of abnormal gene and degenerative cells that are either natural or put of human capabilities, the causes are the physical and psychological pressures from biological and environmental malfunctioning of systems. Therefore in addition to mere look on the economic and political impacts of the increase in number one has to consider the holistic importance or significance of transmission of knowledge, experience, tradition and culture from individual to social and global levels.

THE SIGNS OF OLD AGE

Changes are bound to come with time. In human it is generally accepted that signs of aging start to show near around 65. And these are basically related to the performances of the senses going down. These happen at different stages like Vision__ the mid 50's, Touch—the mid 50's, Taste—the late 50's, Hearing—the mid 40's, Smell—the mid 70's. And muscle strength lessens, soft tissues such as skin and blood vessels becoming less flexible. Memory system and intelligence also diminish. Generally there is a decline in the body tone. But our focus is on organs and problems related to their spatial interaction.

CIRCULATION WITH IN

Human life, as a stable structure or architectural piece is supported and sustained by four pillars as patterns of spatial communication. The blood circulation, the respiratory, nervous and digestive systems. If there is any problem in any one of the aforementioned, abnormalities of many different sorts will cause and hasten ageing. Blood circulation for instance reaches all necessary nutrients to all humanly known smallest elements of life called the cells. In conventionally normal process of aging the average amount of blood pumped by the heart drops from about 6.9 liters per minute at age 20 to only 3.5 liters pumped per minute at age 85. For this same age range, the average amount of blood flowing through the kidneys

drops from approximately 0.6 liters per minute to 0.3 liters. This shows that the circulation has a problem somewhere in its complete path. And the solution also is modifying the circulation only. The more active the circulation, the more free from obstructions and impurities it is, the more nourished healthy and radiating the body will be.

EFFECTS OF AGING

As partly mentioned under the signs of aging, and just above internal biological problems in circulation will be reflected as effects. The most common and easily avoidable of these are accidents due to reduced performances in mobility, hearing, and vision.

CIRCULATION WITH OUT

These are paces where all kinds of dynamic interactions between the body and the environment happen. In a house for example there is rooms, corridors, porches, verandahs, lobby and the like that hold different activities. Similarly there are streets, squares and parks in township. The standard and appropriateness of such as well has implication on the living condition and age related problems of a society.

SOLUTIONS

The ill effects and acceleration of ageing due to biological reasons, referred to here as internal spatial relation can be addressed mainly by medical aid and self help systems such as proper diet, regular exercise, consulting physician.... But the others design intervention is essential. This starts from ergonomic and safety issues of a product and goes wide up to design, organization and detailing of spaces and space elements in architectural, urban design and land use levels.

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