

Vivere Senior Residence is an apartment complex designed mainly for the elderly public. It was designed to meet the preferences of this public and the needs of aging, so that the residents maintain their independence and can live in comfort and well-being in their own home for longer.

Analyzing the growing elderly population in Brazil, I raised the question of how architects can contribute to healthy aging through architecture. For this, I did some research on well-being in old age, which has as its main pillars the maintenance of independence and autonomy. From that, it became clear that it is essential that architecture for the elderly should allow this public to carry out their daily activities safely and with accessibility. Another important research for this work was about Blue Zones, areas in the world with high life expectancy and a high concentration of centenarians. In the project, the healthy habits of these populations were encouraged through architecture. Finally, research on neuroscience applied to architecture were references for design decisions that would bring greater physical and mental well-being to users.

It was defined that the apartments would be completely accessible, with 2 and 3 bedrooms, and a large leisure area on the ground floor, with environments suitable for the tastes of the elderly public, and a large green area, bringing the concept of biophilic design through contact with nature, the presence of wood and curved shapes.

The project is located in an area of the city with a high concentration of elderly people, “walkable”, green and quiet. The buildings were positioned at the best solar orientation and the balconies face the common green area of the condominium, to encourage a feeling of community among residents, something very important at this age.

Following studies that show that curved shapes bring greater well-being to the human brain and a feeling of cosiness, the shape of the condominium was inspired by an infinity symbol, bringing the idea of longevity, connected by a walkway that gives access to the terrace. So that the curved shapes would not interfere with the use of internal space, the apartments are rectangular and slightly rotated in the tower, creating empty spaces used as ventilation ducts and shafts.

In the end, we can see that autonomy and independence was encouraged through accessibility and because the project is not an institution for the elderly, but a condominium. Blue Zones habits were encouraged through:

Mobility - Large area; Encourages physical activity for residents; Located in a walkable area of the city.

“Know Your Purpose” – Several leisure areas designed for different purposes and hobbies.

“Slow Down” - Presence of nature and common areas to have a moment of leisure and relaxation.

Healthy Eating – Presence of the Vegetable Garden, the Fruit Farm and common areas to have meals with friends.

Contact with the family – Because it is not an institution, the elderly resident has complete freedom to welcome family members or even live with them, since the apartments are wide.

Religion – Presence of the Ecumenical Space.

Belonging to a community - Several common areas; Furniture that encourages interaction between people; Curved buildings for the feeling of welcome and with balconies and windows facing the common areas.