Designing for the Elderly: Comfort, Health and Well-Being

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Abstract:
Designing elderly units is an essential component of interior design that provides functional and aesthetic qualities for the elderly in the built environment. A plethora of designs in the residence include design that is utilized to accommodate the elderly through elements of physical and mental comfort. Due to a lack of available current research on a direct relationship of the effect of design on elderly behavior and design, this research paper addresses designing elderly residential units according to effects on elderly well-being. The purpose of this research is to address and support designing elderly units to affect elderly well-being; through the evaluation of journal articles that discuss the elderly’s well-being impacted by design. The question presented in this research his whether designing elderly residential units has an effect on elderly behavior, which eventually impacts the elderly feeling of well-being.

The research methodology used a credible scholarly journal articles written between 1997 and 2011; and was reviewed keeping the relation of elderly behavior to the design of residential units in mind. Also, a design project for elderly care unit was developed upon findings from the review of literature.

In the findings, while design may directly affect the elderly in a noticeable way, there is also evidence from research that indicates that elderly people are in fact influenced by design. When designing for elderly people; a variety of spaces, comfort, safety, and relaxation are important components of design that can aid in creating and preserving the well-being of the elderly. Designers need to produce design products, systems, and services that are usable to the elderly and people with disabilities in care units. The physical environment, when designed to be self-evident (easily understood and easy to get around in), can help compensate for the physical and mental losses of the elderly.

Keywords
- Textile industry
- Elderly
- Interior design
- Residential environments
- Care Home Layout

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