THE NATURE OF REHABILITATION (LOUNGE)

Cornell Institute for Healthy Futures: Post-Pandemic Human Design Experience Challenge Project Proposal

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PROBLEM STATEMENT

Developing a flexible rehabilitation space that fosters physical, emotional and mental wellbeing within the constraints of social distancing and physical isolation needed to help minimizing the spread of disease.

Additionally, due to the nature of population anonymity in rehabilitation, it is crucial that the space is accessible to accommodate all physical and mental abilities.

SOLUTION STATEMENT

The rehabilitation lounge serves to treat patients with a design that is synonymous with nature re-grounding and surrounding them in an environment that promotes recovery.

The space’s interconnectivity serves to bring patients and staff together while also providing distance and privacy as needed to operate safely under post-pandemic health considerations.
METRICS TO MEASURE SUCCESS

- Conduct behavioral and psychological studies on both staff and patients in relation to the space through both observed behavior and self-reporting methods.

- Track how elements of nature and weather interact with the space where temperature, light, color, and sound play with the space.

- Implement input from healthcare consultants onto functionality of the space focus on providing a safe rehabilitation facility that meets patient needs.
## THE LOUNGE IN A WELLNESS ORGANIZATION

### Benefits of this space

- Encompasses patients in nature, an activity scientifically proven to have positive influences on humans and recovery
- Seeks to occupy and satiate patients, allowing staff to focus on their roles in a more positive and less demanding work environment
- Allows for flexibility to accommodate the routines and activities of patients and staff while also granting the ability to transform spaces as needed

### Safety and Functionality

- An open space with no enclosed walls to allow for surveillance and visibility while fostering connections between people
- Alcoves created by arched partitions throughout the lounge separate/divide spaces while creating open, collaborative areas that allow for social distancing and isolation
- The materials used in the space are not only approved as PVC free and safe for use in healthcare settings, but they function as mechanisms for sanitary practices
MATERIALS
Linoleum Wood Flooring
Renewable with PVC free options
Sanitary alternative while still bringing warmth into space

Microbicidal Paints
Kills 99% of bacteria within a two-hour time period
Self-cleans, Maintains healthy circulation and upkeep

Celliant Fabrics
Utilizes body heat to create energy in material
Maintain temp. warmth in space

Furniture
Continuance of nature with wood, softened with light cushions
Create sense of comfort

SCREEN
Developed to simulate the sensation of sitting under a tree on a sunny day, the screen is composed of small cutouts that allow light in through the wall, creating the illusion of leaf shadows

COLOR PALLET
Emphasis on warmer, inviting colors that emanate the nature within the lounge:
- Browns
- Oranges
- Whites
- Yellows
- Blues
- Greens
THE LAYOUT
Lighting
The neutral toned, hanging light fixtures provide a more home-like environment, as well as lighting up the spaces in which small gatherings or individual reflection can occur.

Archways
The arched partitions create semi-enclosed pockets of space. These partitions create small alcoves within the space, while still creating visibility between spaces, avoiding the use of solid walls.

Tree Shadows
A permeated screen system allows for natural light to enter the space. These small openings cast shadows similar to those of leaves across the space that simulate the feeling and serenity of being underneath a tree.

Furniture and Material
Use of warm-toned furniture, as well as the wooden floors and beams create a warm, inviting space.

Plants
In addition to having the space reflect nature, having plants in the space will bring life, color, and interaction with nature in the space.
Roof Beams
The wooden roof beams add warmth to the space. The beams are the same material as the floor, providing continuity through the design.

Gathering Space
In between the arched alcoves, the space opens up for gathering. A fish tank is displayed in the center, with seating surrounding it. This creates a place where people can gather, while also creating a sort of barrier for distancing.

Glass Enclosure
On the northern facade of the space, the building envelope is glass to open the space and create a deeper connection to the outdoors. This blends the exterior and interior spaces, as well as tying in the courtyards.

Indoor Tree Vestibules
Naturally occurring trees in the area are preserved and enter into the building through glass vestibules. This further creates the ambiguity between the indoor and outdoor spaces in the lounge, as well as preserving the surrounding nature.
Courtyard Opening
This is one of the two courtyards in the space. This courtyard interrupts the roof surface and creates visibility towards the blue sky, as well as letting ample sunlight into the space. The courtyard is enclosed by glass and is visible throughout the entire lounge.

Seating
Outdoor furniture in the courtyard allows patients to spend copious amounts of time interacting with the outdoor to promote healing and self-reflection.

Pond and Pathway
In the center of the pathway made for patients to take walks in this space, there is a pond. This creates a serene, almost meditative space for the patients.

Green Continuity
Beyond the courtyard, the walls are glass to provide a continuity from the indoor and outdoor greenery. This creates an obscurity between what is indoor and what is outdoor, carrying the motif of letting the nature into the space and embracing it as a method of healing.