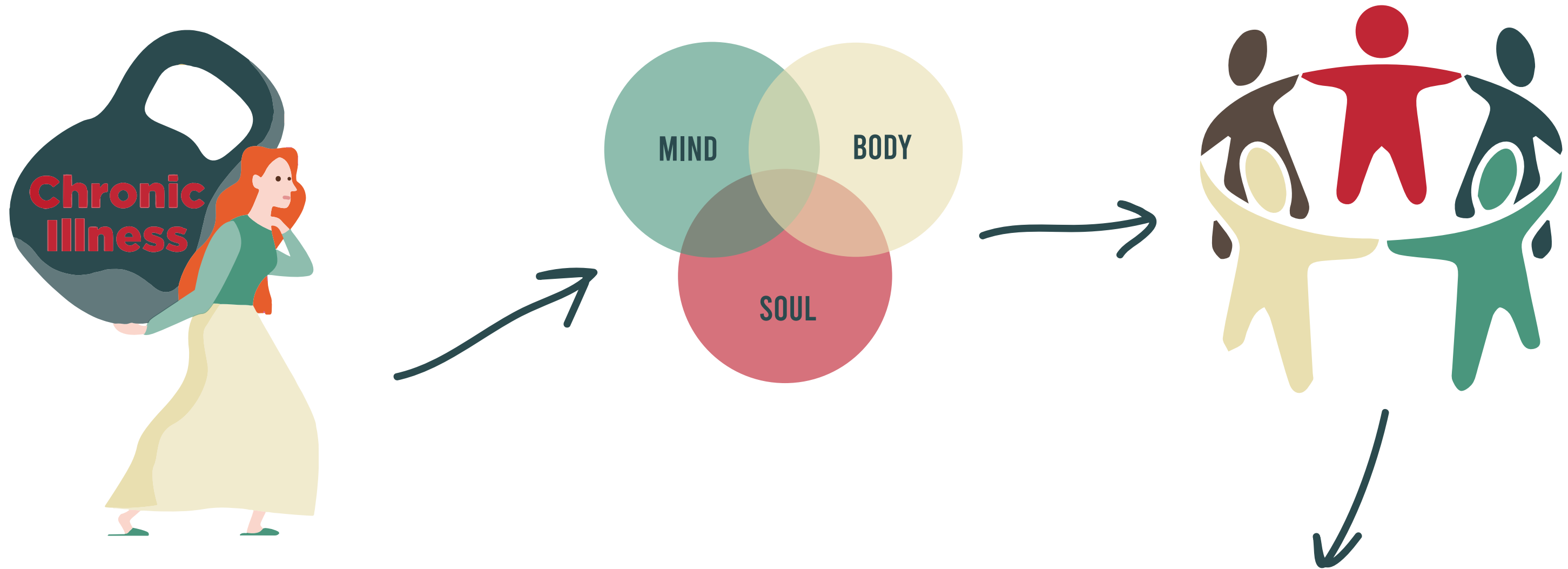


Holistic treatment center for chronic illness patients

Capstone - Phases 1-8

TAYLOR LLOYD - INDS 480 - WINTER 2021 - PIZZICHEMI

Project Proposal



Creating a space for people who are suffering with a chronic illness to connect with their mind and body as well as a space that creates inclusion through a community setting. Chronic illnesses are broad but are often neglected in design. I want to focus on small details that most people don't think matter but would make all the difference to people with these types of illnesses.

WHO-

They are dedicated to serving Americans who live with chronic pain through programs and services. It was created by people with pain or caregivers of people in pain. This helps them truly understand the challenges people with chronic pain face and better identify way to help

WHY-

Their organization is centered around providing individuals living with chronic illnesses with help and enhancing their quality of life. My project focuses on that in many different ways.

PROGRAMS

Awareness & Advocacy

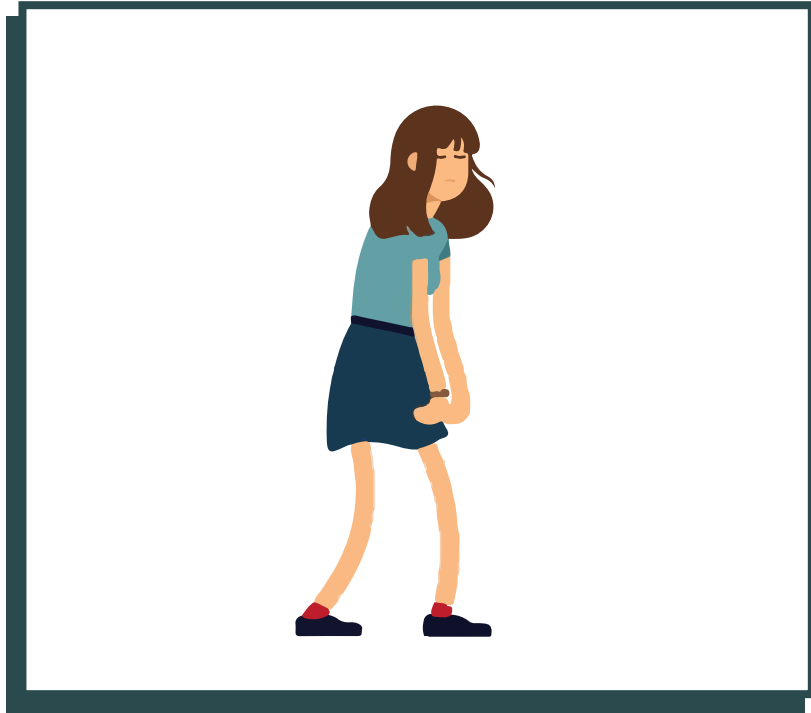
Support & Empowerment

Education

Primary Users

Who is the project most directly serving?

PATIENTS



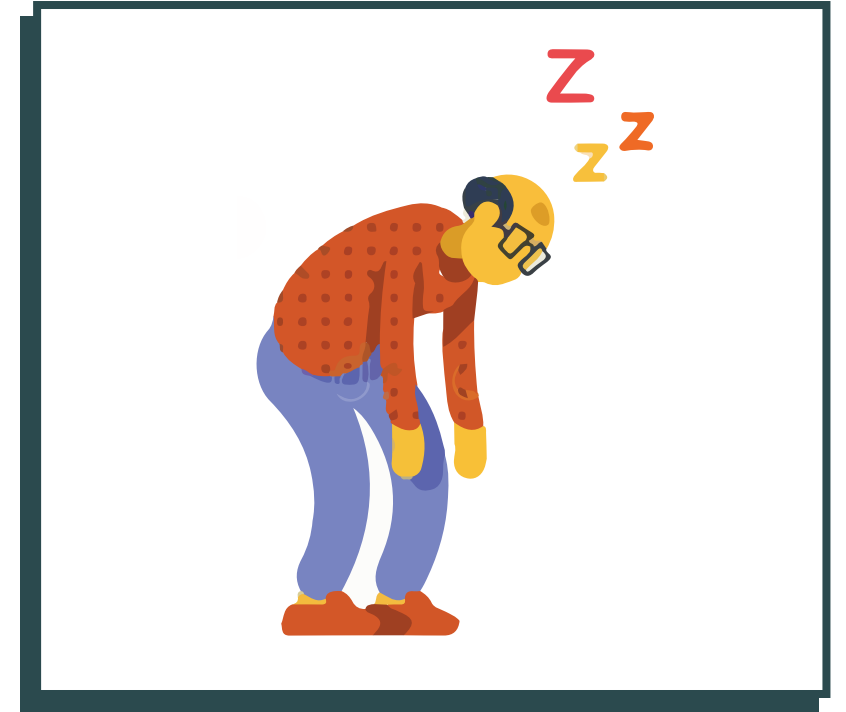
Patient 1- 16 year old with Crohn's Disease

Beth is an aspiring artist and is in her junior year of high school. She was diagnosed 3 years ago and has been on medication that has been working well to treat symptoms. Although she feels she could be feeling better overall because even with medication. She often feels fatigued and doesn't have much motivation to do school work.



Patient 2- 46 year old with Lyme's Disease

Mike is a computer analyst and loves to go hiking with his dog, blossom. He was diagnosed with Lyme when he was 30 and it has been a tough journey for him health wise. He is generally well overall recently but he still often feels minor symptoms such as muscle cramping and fatigue.



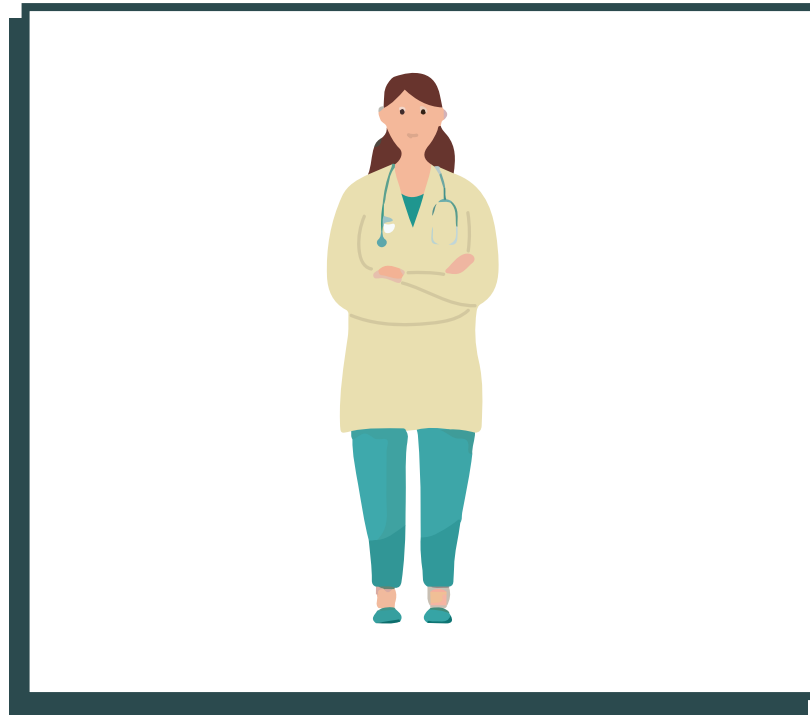
Patient 3- 70 year old with Lung Cancer

Thomas is a retired police officer and spends his days working in his workshop on his wood bird house. He was diagnosed with lung cancer 3 years ago. He went through chemo and is now in remission. He is looking for new ways to better his overall health

Primary Users

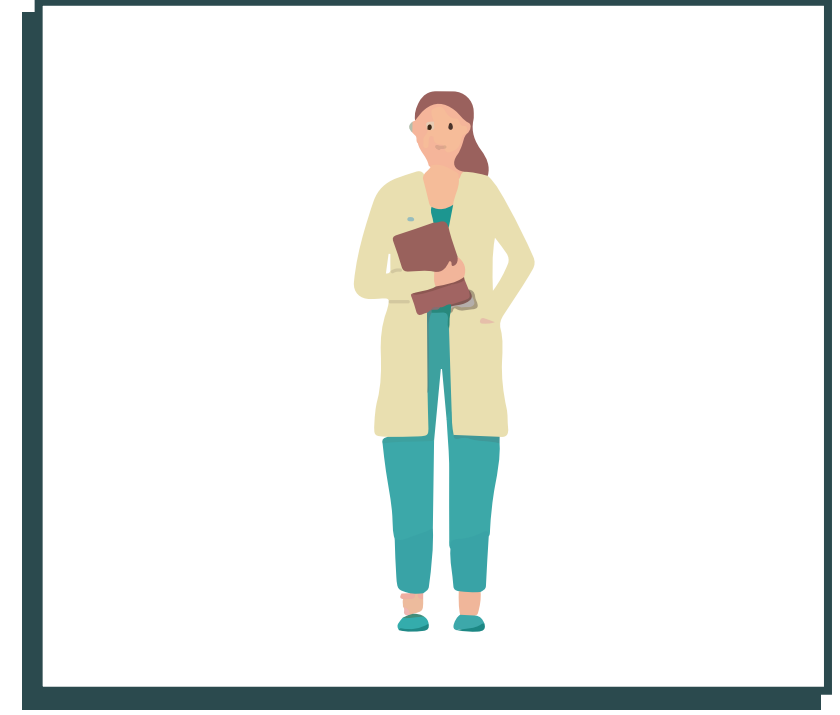
Continued...

SPECIALIST



Doctor 1- 30 year old acupuncturist

Doctor Miro is a trained and certified acupuncturist in the city of Savannah, GA. She lives here with her husband and 3 kids who all love to have family game nights. She has been in practice for almost 12 years and is very talented in her career as well as deeply passionate about giving her clientele the best possible result.



Therapist- 40 year old specialized in counseling psychology

Liz is a licensed therapist and currently lives in Charleston, SC. She loves having emotional connections with people and is a social butterfly. She loves finding new ways of helping her patients and spends most nights searching the internet.

Secondary Users

What other group will inhabit this facility on a regular basis?

MANAGERS

**VOLUNTEERS/
STAFF**

**BILLING
SPECIALISTS**

Indirect Users

What other groups will be affected by the project and its location, but may not directly use the facility?

**GUEST
SPEAKERS**

**CLEANING
SERVICES**

User Values

What values do most primary users have in common?

**UNDERSTOOD AND
RESPECTED**

**HAVING A
SUPPORT SYSTEM**

FEELING SAFE

INDEPENDANCE

Typology

HOLISTIC AND CLINICAL WELLNESS CENTER FOR CHRONIC ILLNESS PATIENTS

HOLISTIC WELLNESS CENTER

- Meditation/Yoga
- Light Therapy
- Acupuncture
- Sensory Deprivation Tanks
- Cafe for herbal Remedies and Nutrition

OUT- PATIENT PSYCHIATRIC CENTER

- Psychotherapy
- Counseling
- Group Therapies

COMMUNITY CENTER

- Educational Programs
- Social Support

Typology

Holistic Wellness Center

- Meditation/Yoga
 - Studio Room,
 - Outdoor Garden
- Light Therapy
 - Studio Room
- Acupuncture
 - Patient Rooms
- Cafe for herbal remedies and nutrition
 - Dining

Holistic health is rooted around the understanding that providing for your physical, mental, spiritual, and social needs will improve your overall health. When one is off, it affects the others so caring about the whole person is essential.

The history of holistic medicines ties back to ancient roots. It was derived from Holism and Humanism. Two of the most well documented ancient holistic health traditions are Traditional Chinese Medicine (TCM) and Ayurveda. The amazing power of science and the scientific method, and the great trauma of subjecting long held superstition and religious belief to testing eventually left the West thinking it had to reject whatever looked like superstition. So the West eventually rejected holism. It wasn't until later in the 1900's and early 2000's when a new wave of alternative medicine arose.

POPULATION: 1-40 Employees, 50-150 Patients per day

EMPLOYEES & STAFF: Yoga Instructor, Acupuncturist, Nutritionist, Assistants, Volunteers

DESIGN CONSIDERATIONS:

- Naturalistic feel so users can connect with their surroundings (materials, greenery)
- Tranquil so users can feel more comfortable (materials, colors, noise, smells)
- A sense of a private and public feeling
- Creating a safe environment where people feel welcome to find peace
- Simplistic so it won't overwhelm users (colors, furniture, openness)

Typology

Out- Patient Psychiatric Center

An out-patient psychiatric center is a place used to address physical, psychological, emotional, social, and spiritual needs of people with mental health disorders. People will travel to and from here to get treatment because they do not require hospitalization.

Psychiatric out-patient services originated in the early-20th century to enable triage of new referrals to the asylum in order to differentiate between treatable and untreatable cases. They evolved to provide community follow-up of patients discharged from hospital and assessment of those newly referred to psychiatric services. Services would include psychotherapies, counseling, and group therapies. This enhances social skills as well as enhancing quality of life.

- Psychotherapy
 - Therapist Offices
- Counseling
 - Therapist Offices
- Group Therapies
 - Meeting Room

POPULATION: 1-20 Employees, 1-70 Patients per day

EMPLOYEES & STAFF: Psychiatrists, Nurse Practitioners, Psychologists, and Care Coordinators Engaged in Clinical Care

DESIGN CONSIDERATIONS:

- Providing a quiet, secluded, and peaceful setting for patients to feel comfortable to open up about their feelings
- Opportunities for meaningful work and recreation
- Safety and security
- Enhance the quality of interpersonal and social skills

Typology

Community Center

Community centers for chronic illness offer support and education in a community setting. It creates a place patients can depend on one another and help each other through rough patches. A mentor-ship program will also be put in place so younger patients can look up and learn from older patients who have been through similar situations than them. Patients can attend educational programs to acquire knowledge, behaviors, skills, values, and preferences.

Community centers first originated after the Second World War, the British brought the concept of community settings to overseas colonies such as Australia, Hong Kong, and Singapore. Community centers came to be around the 1940's and have been growing in popularity ever since.

- Educational Programs
 - Meeting Rooms
- Social Support
 - Meeting Rooms,
Recreational Spaces

POPULATION: 1-20 Employees, 50-150 Patients per day

EMPLOYEES & STAFF: Counselors, Guest Speakers, Volunteers

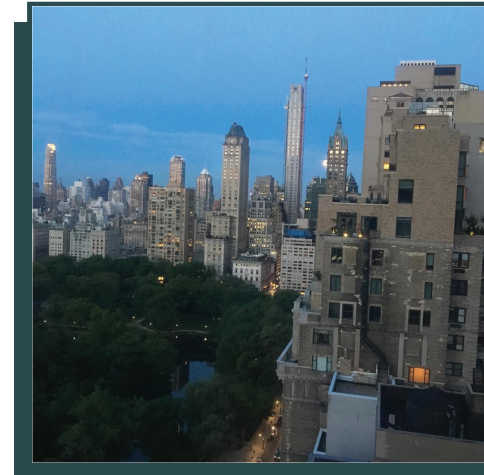
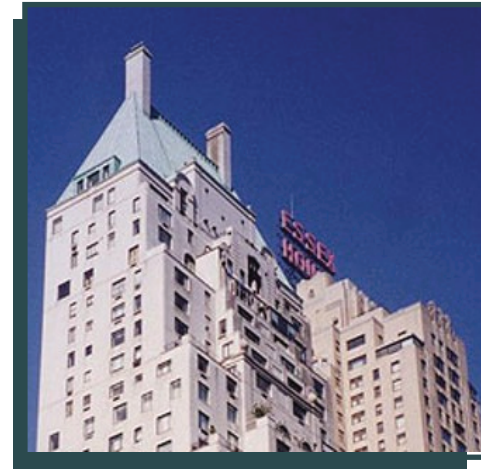
DESIGN CONSIDERATIONS:

- Help eliminate racial, ethnic, and socio-economic health disparities
- Help fundraise and raise money for charity or community support
- Diminish isolation for those experiencing chronic pain/illness
- Create opportunities for those living with chronic pain/illness to grow and feel part of their communities
- Safe space where clients with chronic pain can cope with their pain/illness without judgement and with empathy and understanding

Building Analysis

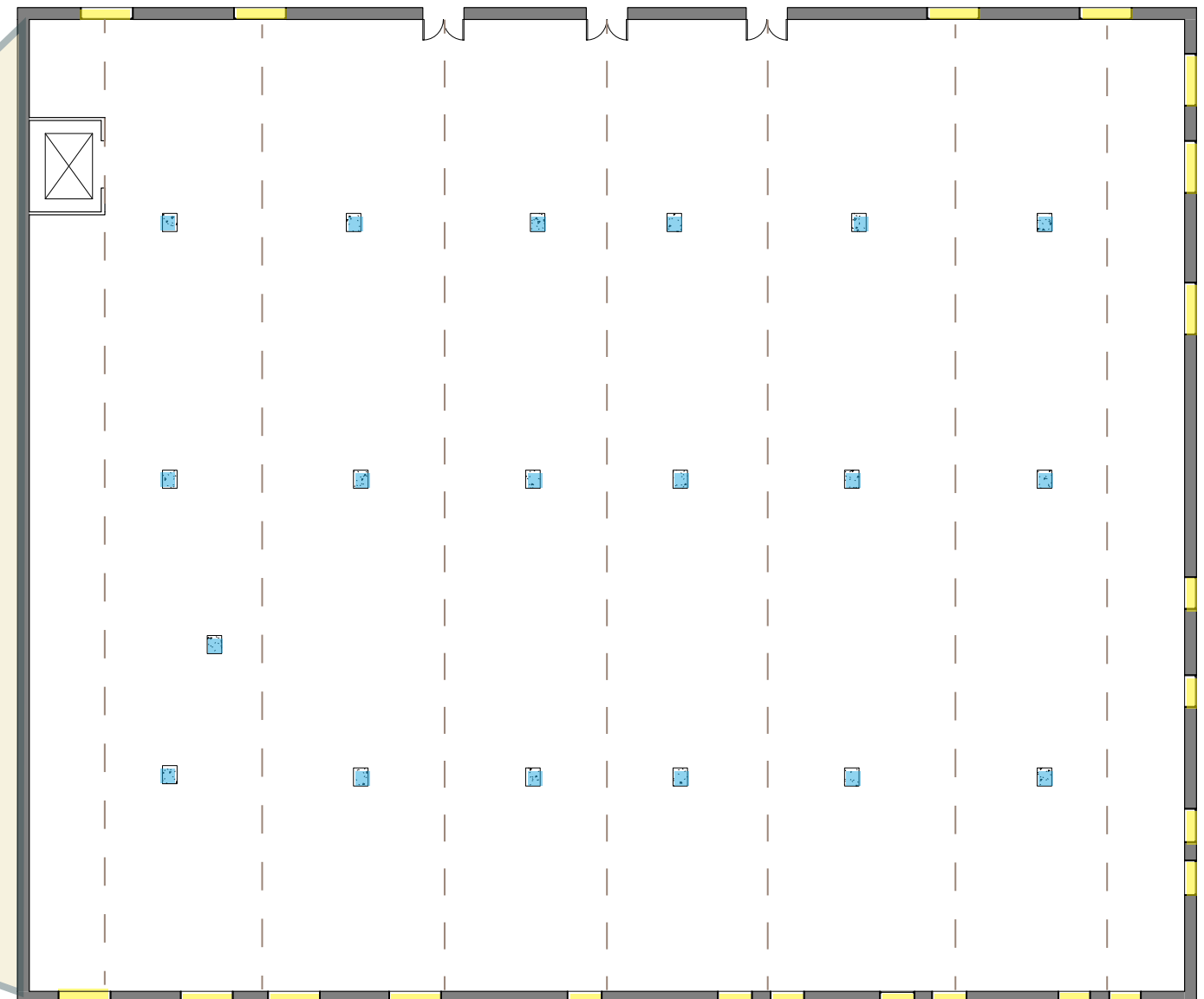
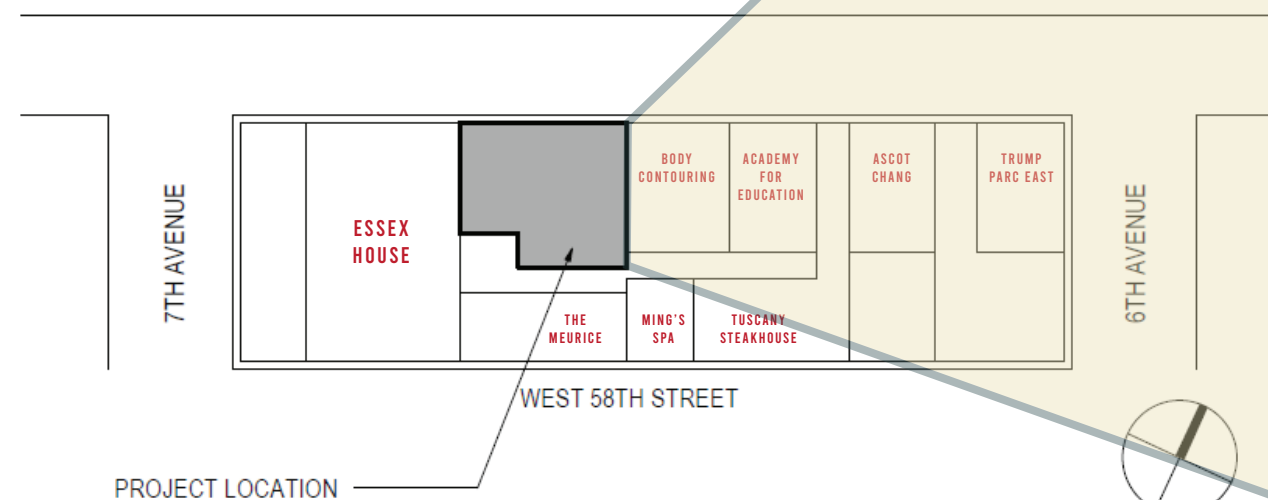
BUILDING ENVELOPE: 21,440 FT²

HAMPSHIRE HOUSE IN MANHATTAN
150 W CENTRAL PARK SOUTH,
NEW YORK, NY 10019



CENTRAL PARK SOUTH

Located on the southern edge of Central Park between Sixth and Seventh Avenues. Consists of a Lobby, Commercial Floor, and 36 Floors with 155 Apartments. Hampshire House was first planned at the site in 1926



Site Analysis

IMPORTANT FACTORS

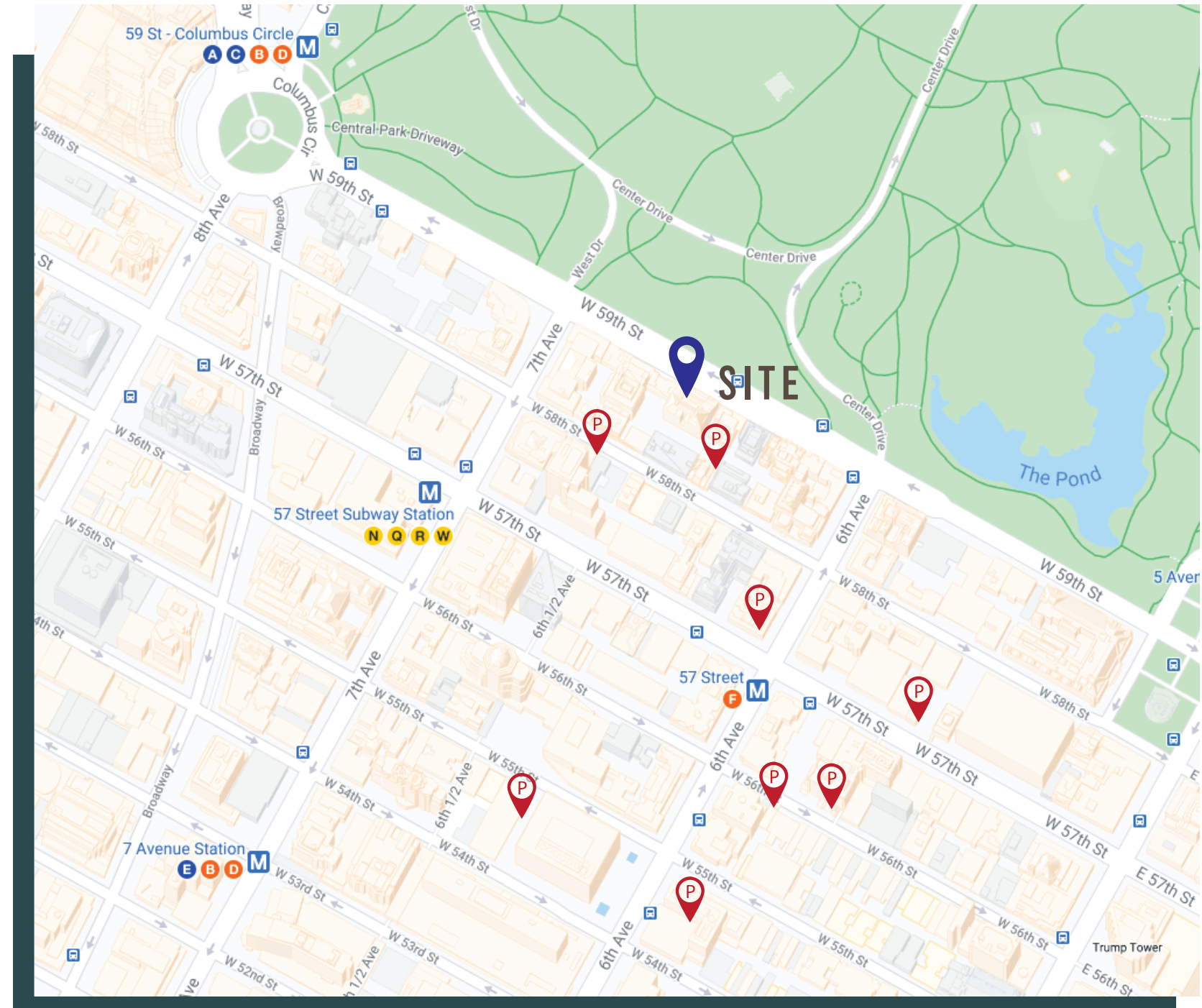
New York City has a vast industry for holistic therapy and wellness centers. Although, upon research it was hard to find a community center focused around chronic illnesses. There are multiple organizations and groups based in the city for Chronic Illness patients but no set meeting grounds.

The site is located right across the street from Central Park, making it an ideal location for exercise purposes, transportation, and close proximity to many local attractions, schools, eatery, etc.

Nearby Public Transportation

- F**
0.14 mi at 57th St (56th St and 6th Ave)
- 1 A C B D**
0.25 mi at 59th St (57th St and 8th Ave)
- N Q R**
0.25 mi at 5th Av (60th St and 5th Ave)
- E B D**
0.29 mi at 7th Av (53rd St and 7th Ave)
- E M**
0.43 mi at 5th Av-53rd St (53rd St and 5th Ave)

PROXIMITY TO OTHER SERVICES



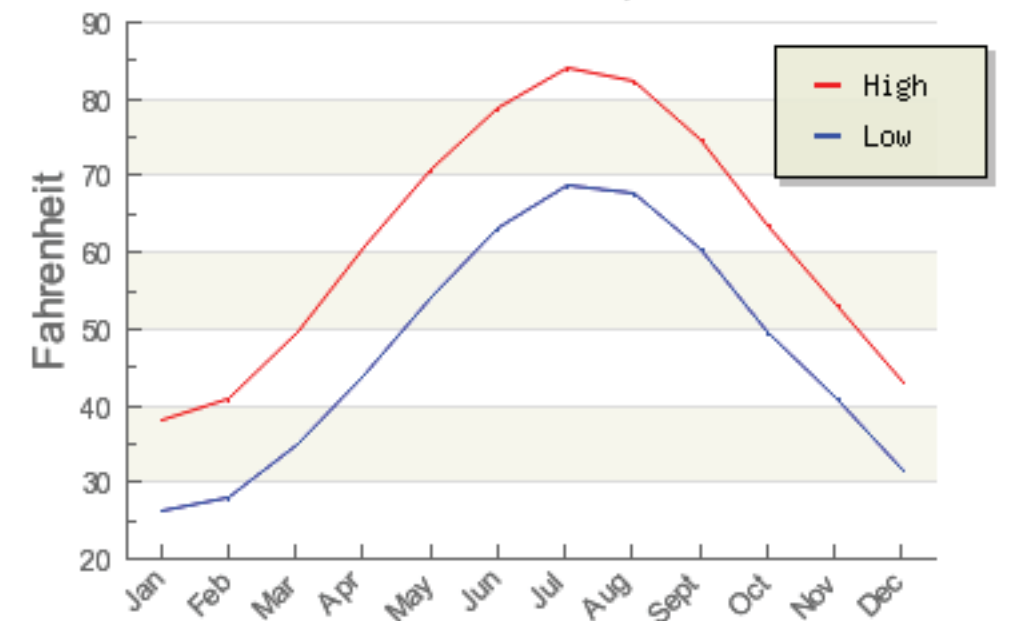
Site Analysis

Light Analysis

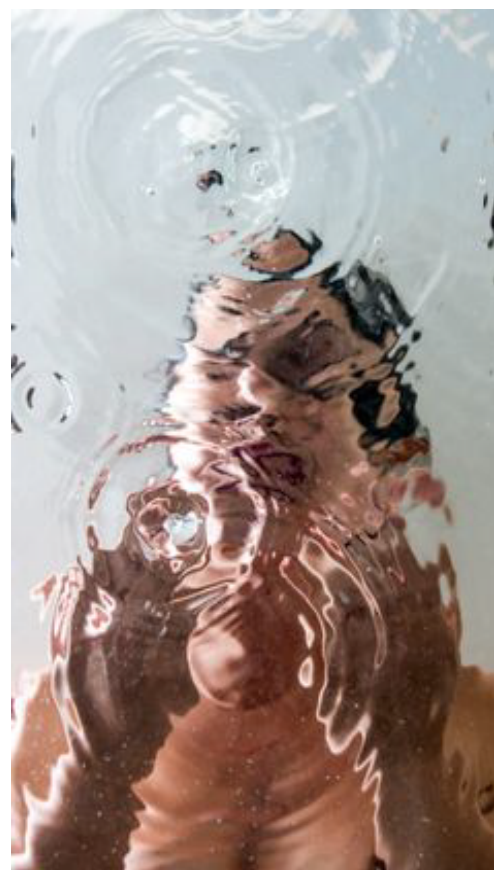
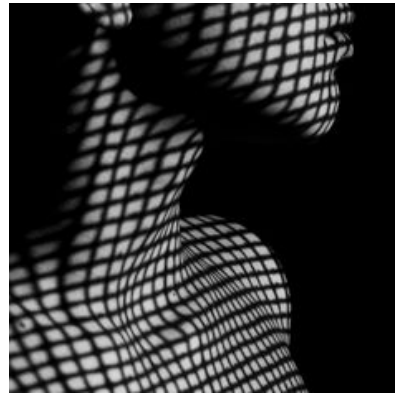


Natural Lighting sources will mostly come from the **East, South, and North** throughout the day. Being that New York City consists of skyscrapers most of this natural light will be blocked due to surrounding buildings. However on **the Northern side of the building is not obstructed by any buildings and this is where the most vital natural lighting will come from** in the mornings.

Average Temperature Range
New York Central Park, New York



Concept Ideation



TRANSPARENT BARRIERS

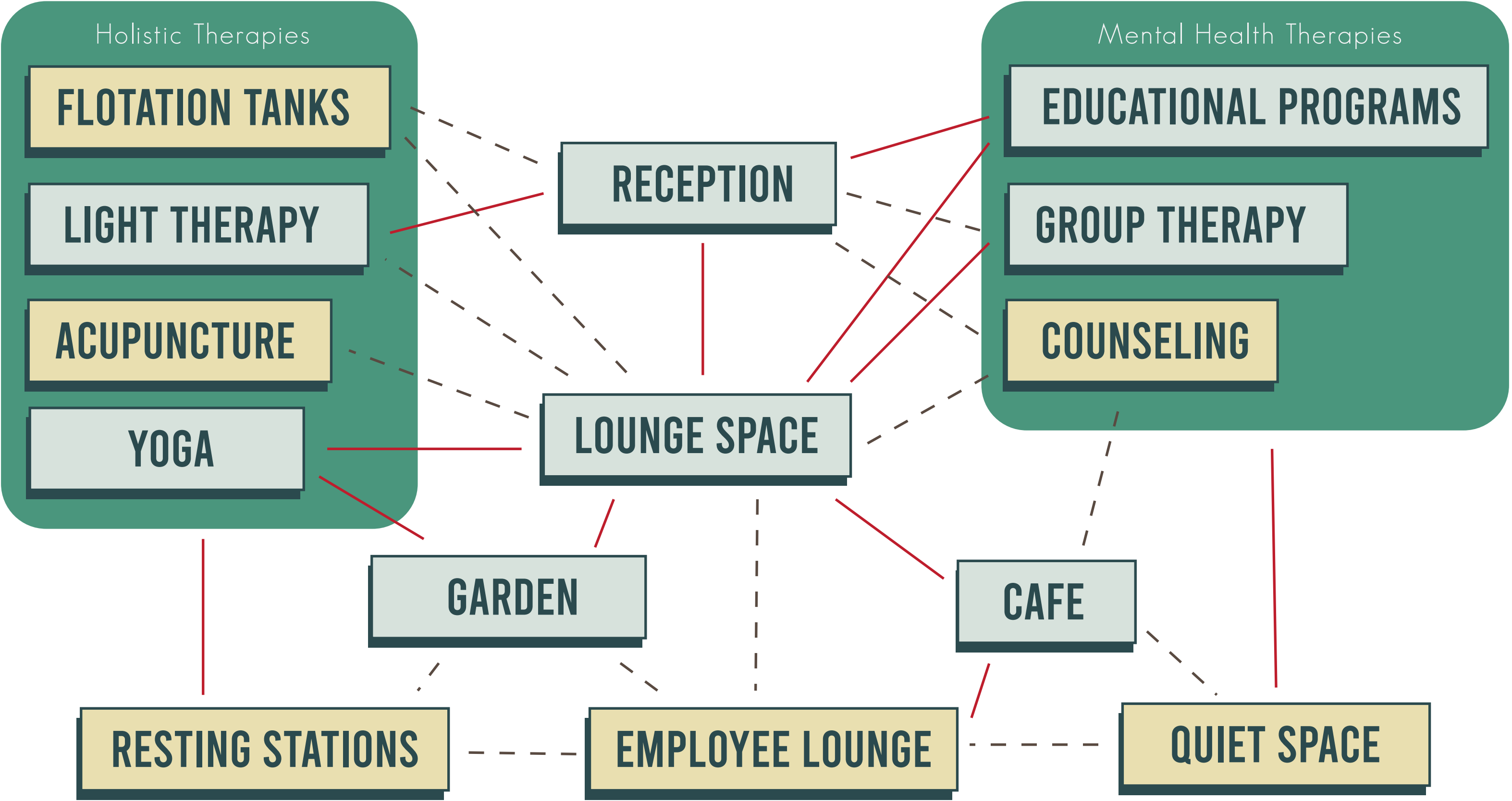
Not every illness is visible in fact most are invisible. Unless a person talked about their illness it can go unnoticed to someone who doesn't know. But that in itself can be difficult. Many people put up walls surrounding their illness because they don't want to talk about it for a number of reasons. So they put up barriers when they are uncomfortable. I will breakdown these barriers by fostering a healthy community setting where people will feel comfortable to express their problems. Done so by having easy access to meeting spaces, warming colors, peaceful therapies, and a zen garden setting. When a patient is feeling uncomfortable or fatigued they have the option to go into a quiet room or resting station.

Adjacency Diagram

- — — —

Indirect Circulation
- — — —

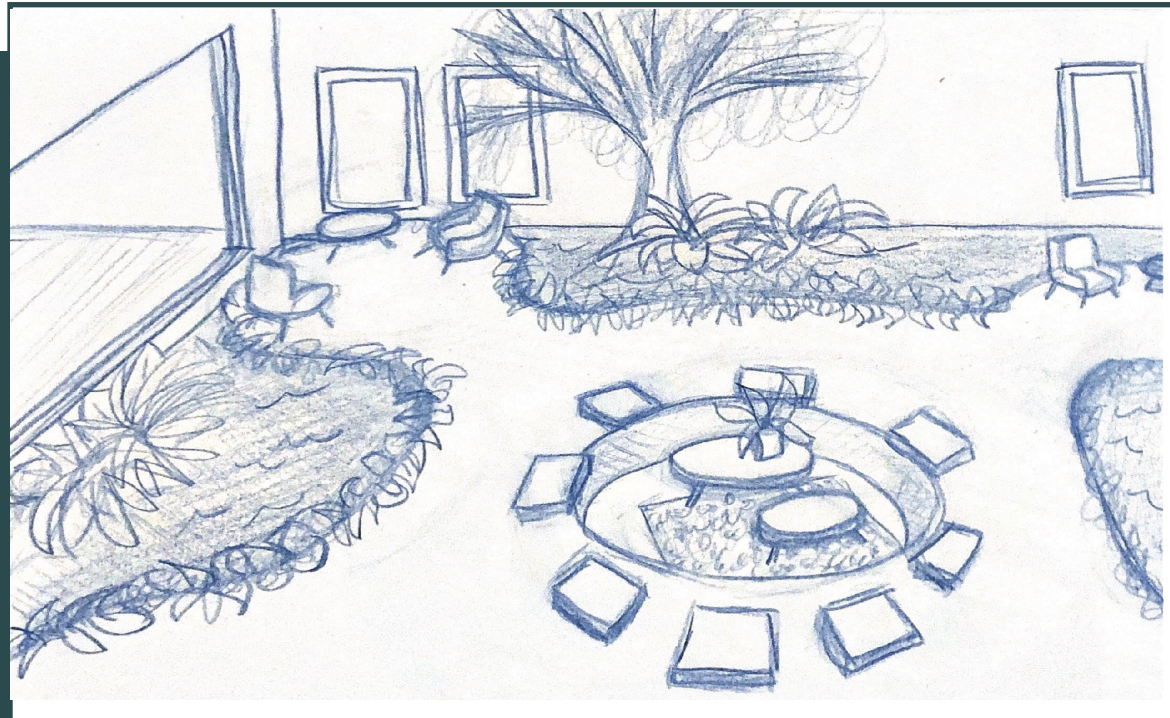
Direct Circulation
- Private Space
- Public Space



Key Experiences

1

ZEN GARDEN INCLUDES WATER, FOLIAGE, NATURAL LIGHTING, SEATING, AND MEDITATION



- Relaxation between activities
- Group Conversations

- Calming place for users to relax
- Space provides for individual use or group use as is has many places to gather
- Provides a soothing atmosphere

2

RESTING STATIONS PROVIDING ACCESS TO SEATING IN CLOSE PROXIMITY AROUND THE PLAN



- Place to regain energy after treatments
- Nap/ Rest
- Can choice a scent to diffuse in the space

- Chronic illnesses are physically draining so this provides a spot for users to regain energy after a yoga class or acupuncture.

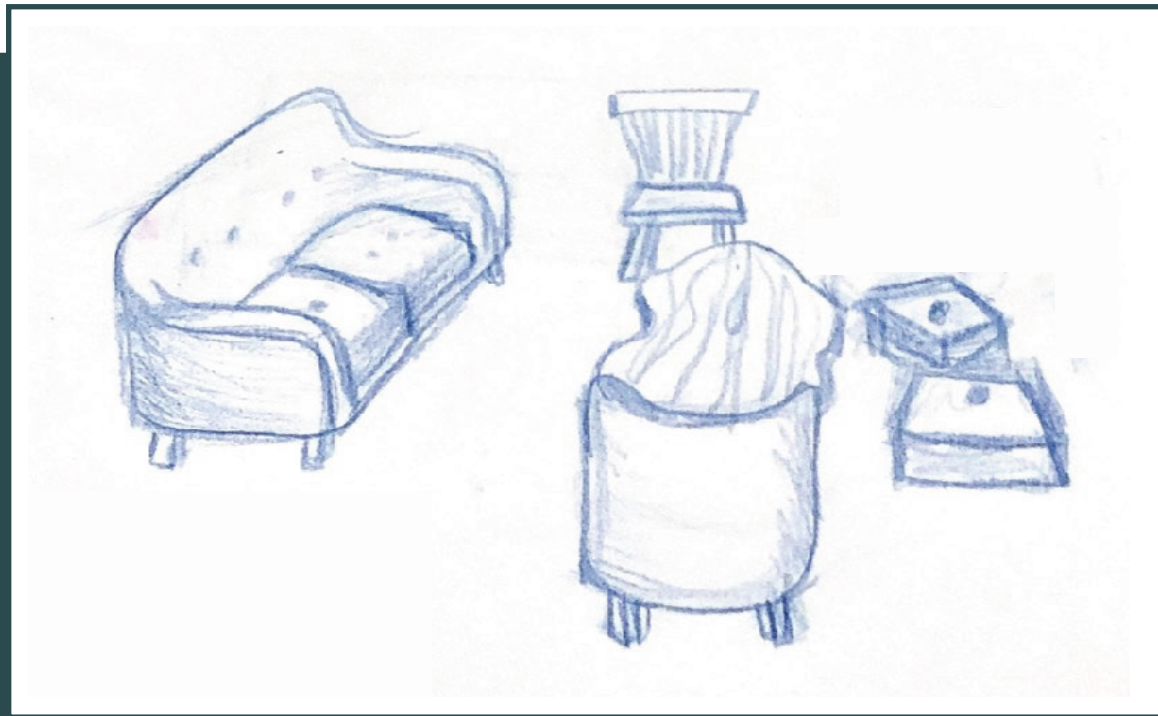
TASKS

BENEFITS

Key Experiences

3

LOUNGING SPACE ADDS FOR COMFORTABLE GATHERING



TASKS

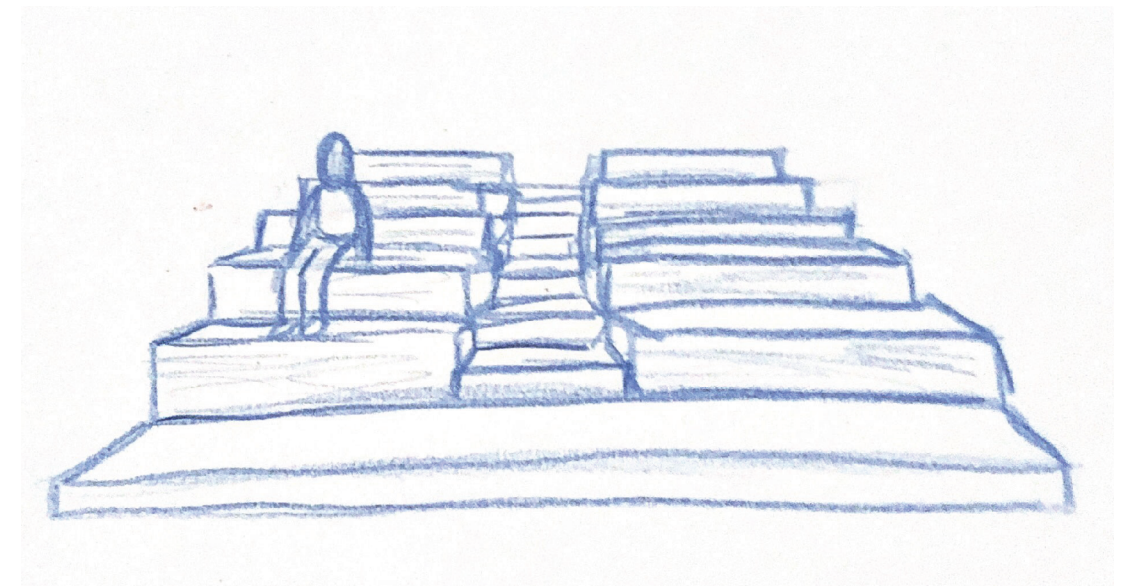
- Place to socialize about treatments or health problems they are facing

BENEFITS

- Provides a comfortable place for users to gather and socialize in groups
- Designed in a careful manner to make users feel comfortable enough to socialize

4

EDUCATIONAL GATHERING SPACES



- Place to gather for informational sessions, guest speakers or lectures

- Provides a place where the community can get involved and informed
- Guest speakers can easily be understood and feel welcomed into the space

Key Experiences

5

LIGHT THERAPY SPACE AS AN EXPERIENCE THROUGH LIGHT

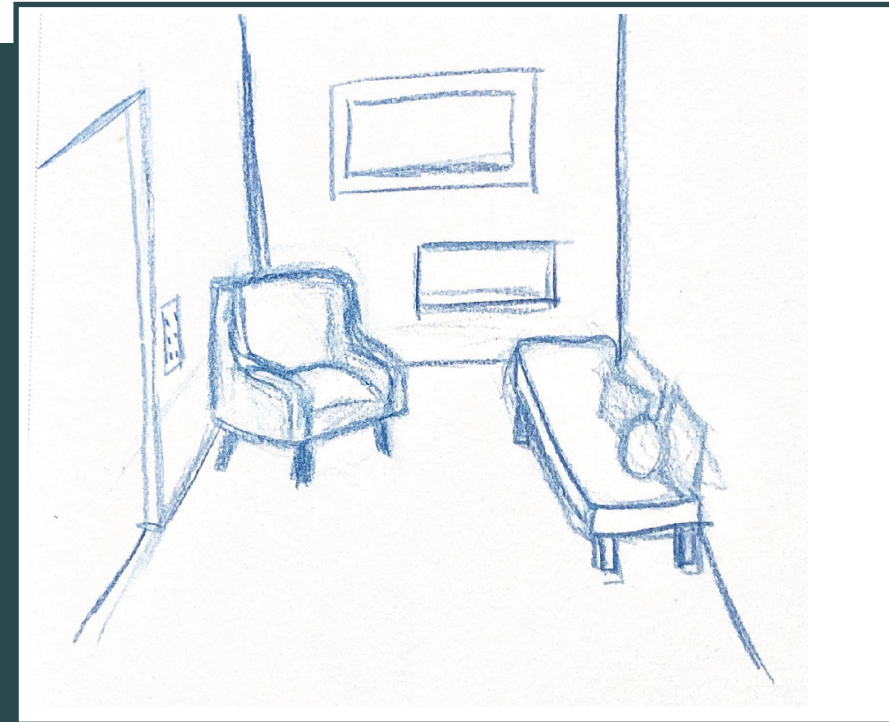


- Place for relaxation with a focus on light therapy in the space
- Sitting and resting under specific colored light

- Provides a place to sit and relax while also providing a space for light therapy
- Lighting can enhance moods and the user can leave feeling better

6

QUIET SPACES



- Place to relax alone or one-on-one with someone.

- Provides a space for users to go after therapy
- Provides a calm environment for a user in stressful situation or when they are feeling uncomfortable

TASKS

BENEFITS

Concept Application

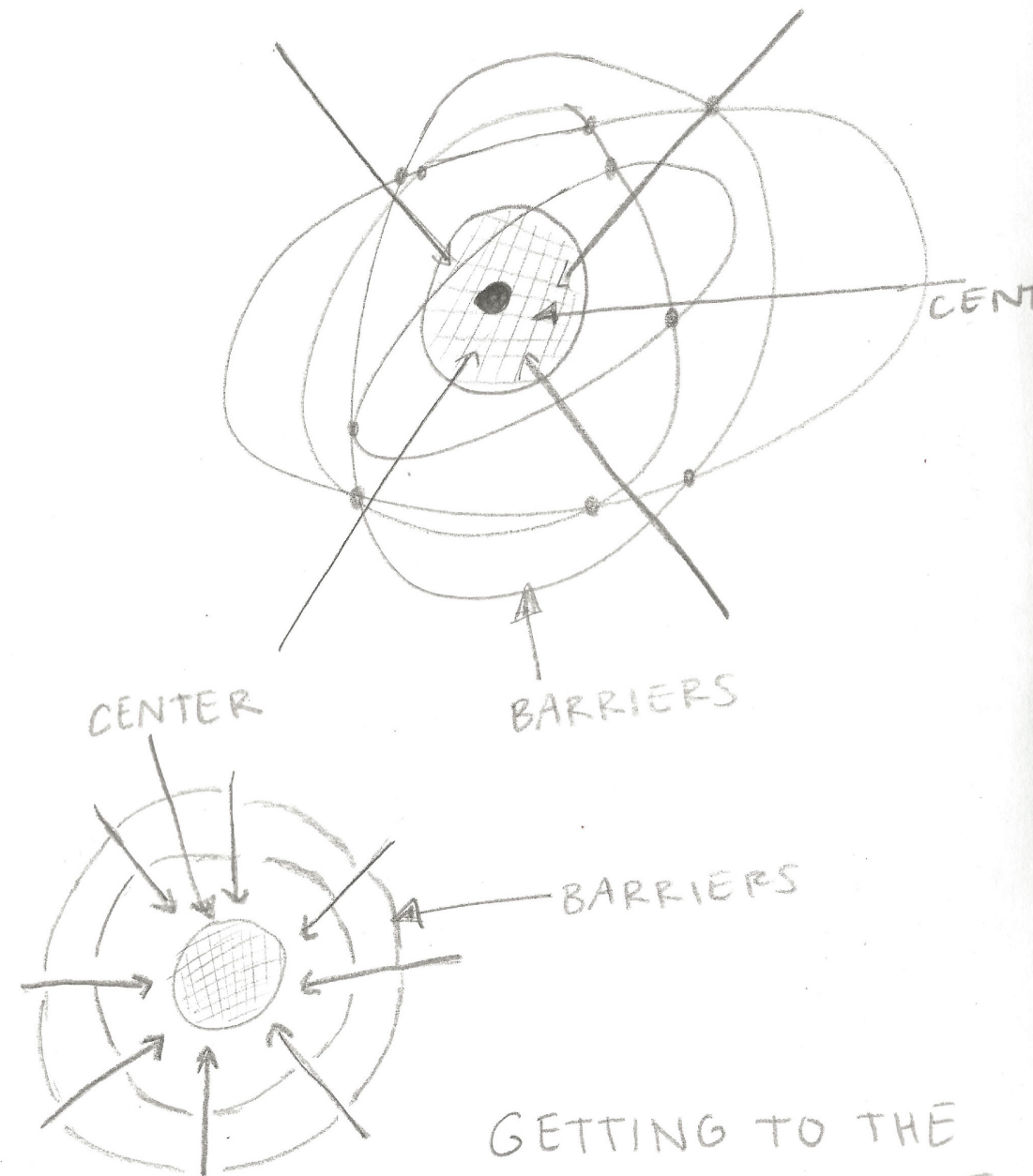
THE CONCEPT FOR
THIS PROJECT IS
BASED ON
TRANSPARENT BARRIERS
MADE BY CHRONIC ILLNESSES.

NOT MANY ILLNESSES ARE VISIBLE
TO THE NAKED EYE. THEY ARE
INVISIBLE YET MAKE IT DIFFICULT
FOR A PERSON TO DO EVERYDAY
ACTIVITIES. ALONG WITH THIS, MANY
PEOPLE PUT BARRIERS UP
SURROUNDING THEIR ILLNESS.
I WANT TO BREAK DOWN THE
BARRIERS AND MAKE USERS
FEEL **COMFORTABLE**. DONE SO
BY FOSTERING A HEALTHY
COMMUNITY SETTING.

INVISIBLE: "UNABLE TO
BE SEEN"

COMFORTABLE: "PHYSICAL EASE
AND RELAXTION"

COMMUNITY: "GROUP OF PEOPLE HAVING
COMMON CHARACTERISTICS"



GETTING TO THE
CENTER OF THESE
BARRIERS

LIGHTING APPLICATION

TRANSPARENT BARRIERS MADE BY CHRONIC ILLNESSES.

NOT MANY ILLNESSES ARE VISIBLE TO THE NAKED EYE. THEY ARE **INVISIBLE** YET MAKE IT DIFFICULT FOR A PERSON TO DO EVERYDAY ACTIVITIES. ALONG WITH THIS, MANY PEOPLE PUT BARRIERS UP SURROUNDING THEIR ILLNESS. I WANT TO BREAK DOWN THE BARRIERS AND MAKE USERS FEEL **COMFORTABLE**. DONE SO BY FOSTERING A HEALTHY **COMMUNITY** SETTING.

INVISIBLE:

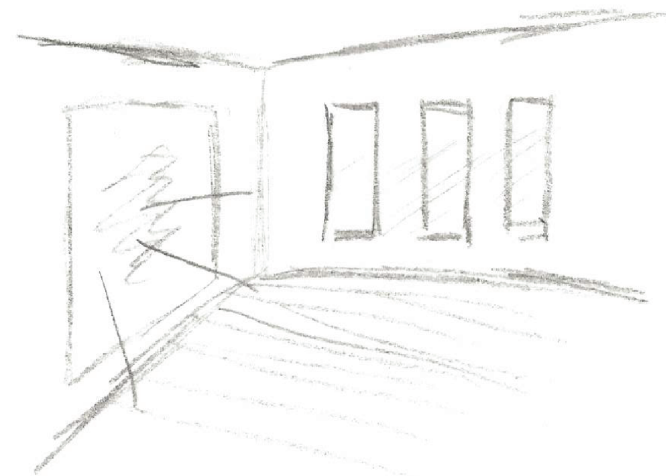
PLACING LIGHTING ALONG THE MOLDING AND TOP CONCEALS THE LIGHT AS WELL AS ADD WAYFINDING

COMFORTABLE:

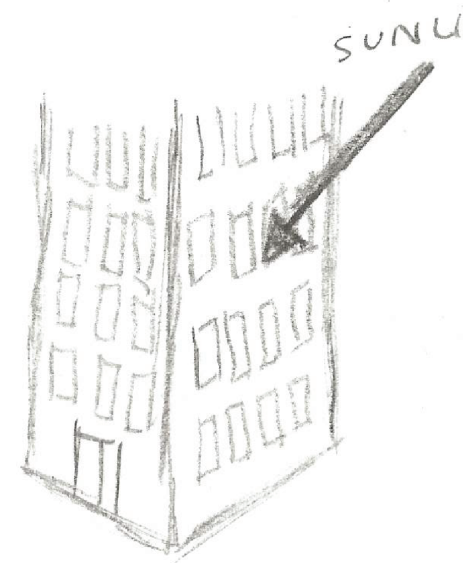
UTILIZING THE MOST NATURAL LIGHTING POSSIBLE IN GATHERING SPACES WILL MAKE USER MORE COMFORTABLE

COMMUNITY:

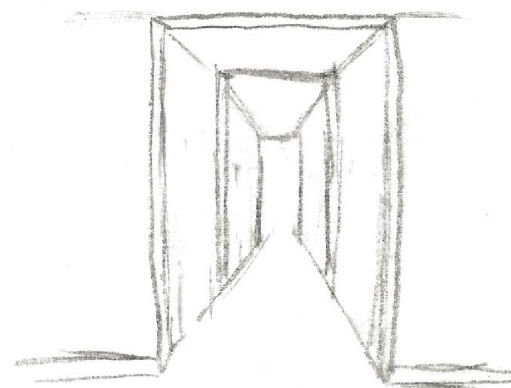
PUTTING LIGHT TO EMPHASIS GATHERING SPACES WILL MAKE PEOPLE GRAVITATE TOWARDS IT



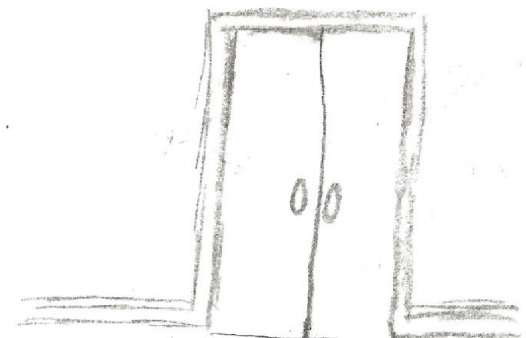
USE OF MIRRORS
TO REFLECT
NATURAL
LIGHTING



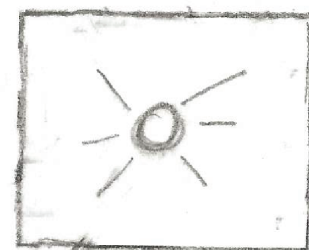
USE OF NATURAL
LIGHT WILL BE
CHALLENGING



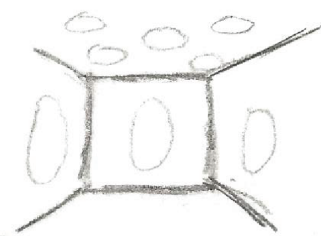
LIGHTING ALONG PATH
FOR BAD VISION



LIGHTING ALONG
PATHWAYS AT TOP
AND AT MOLDING



USING LIGHT TO
EMPHASIS A
GATHERING
POINT IN A
RADIAL



LIGHTING USED AS
A THERAPY

VOLUME APPLICATION

TRANSPARENT BARRIERS MADE BY CHRONIC ILLNESSES.

NOT MANY ILLNESSES ARE VISIBLE TO THE NAKED EYE. THEY ARE **INVISIBLE** YET MAKE IT DIFFICULT FOR A PERSON TO DO EVERYDAY ACTIVITIES. ALONG WITH THIS, MANY PEOPLE PUT BARRIERS UP SURROUNDING THEIR ILLNESS. I WANT TO BREAK DOWN THE BARRIERS AND MAKE USERS FEEL **COMFORTABLE**. DONE SO BY FOSTERING A HEALTHY **COMMUNITY** SETTING.

INVISIBLE:

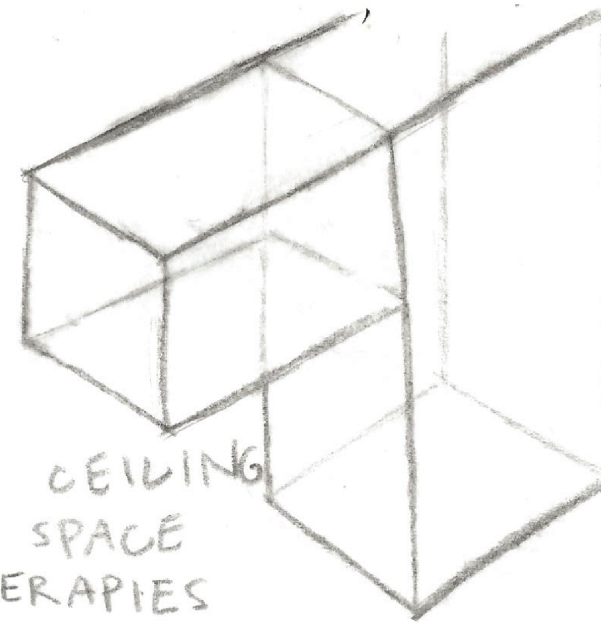
CONSISTANT CEILING HEIGHTS INCREASES FAMILIARITY AND MEMORY FOR USERS

COMFORTABLE:

LOWER HEIGHT CEILINGS IN THERAPY ROOMS FOR COMFORTABILITY

COMMUNITY:

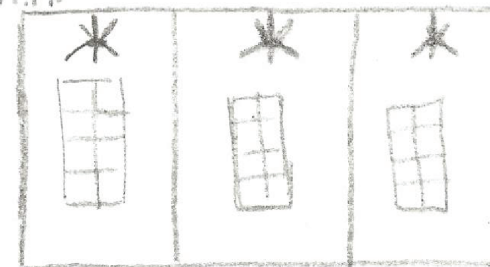
DOUBLE HEIGHT CEILING IN COMMUNITY SPACES EMPHASIZES OPENNESS



LOWER CEILING
HEIGHT SPACE
FOR THERAPIES

DOUBLE HEIGHT
SPACE IN
COMMUNITY
SPACES

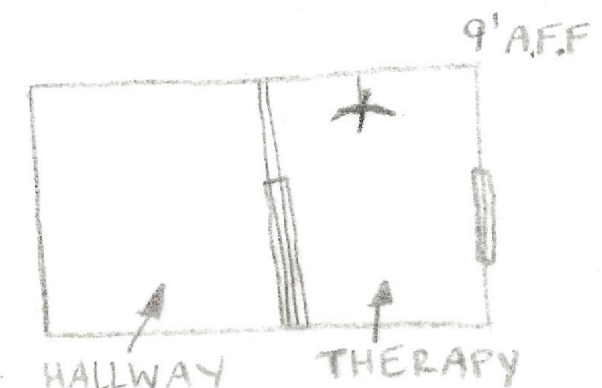
9' A.F.F



FACADE OF
THERAPIES

CONSISTANT CEILING
HEIGHTS IN
SIMILAR ROOMS

CONSISTANT
CEILING HEIGHTS
FOR FAMILIARITY



HALLWAY

THERAPY

MATERIAL APPLICATION

TRANSPARENT BARRIERS MADE BY CHRONIC ILLNESSES.

NOT MANY ILLNESSES ARE VISIBLE
TO THE NAKED EYE. THEY ARE
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I WANT TO BREAK DOWN THE
BARRIERS AND MAKE USERS
FEEL **COMFORTABLE**. DONE SO
BY FOSTERING A HEALTHY
COMMUNITY SETTING.

INVISIBLE:

TRANSPARENT MATERIALS USED
AS BARRIERS AND PARTITIONS

COMFORTABLE:

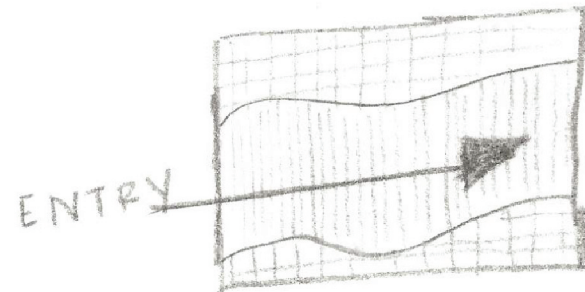
SOFT MATERIALS AND COOL
COLORS INFLUENCE RELAXATION

COMMUNITY:

VIBRANT COLORS AND COMFORTABLE
TEXTURES ADD ATTRACTIVE

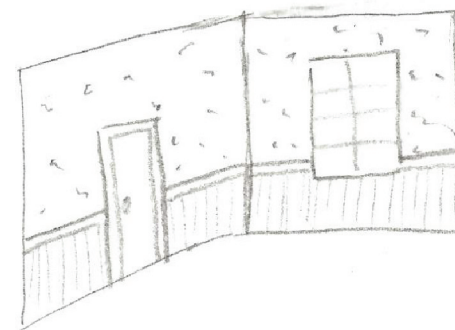


SHEER AND GLASS USED AS PARTITIONS

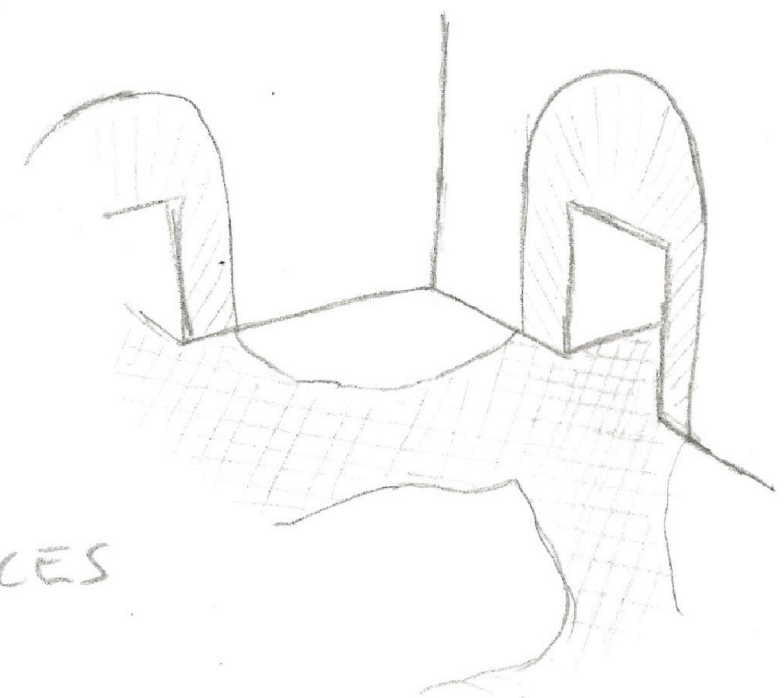


CHANGES IN FLOORING
USED FOR WAYFINDING
THROUGH OUT PATHWAY

DURABLE FLOORING MATERIALS
INCLUDING TRACTION FOR
BETTER SAFETY



SOFT, COOL MATERIALS
IN THERAPY ROOMS



MORE VIBRANT
COLORS AND
TEXTURES IN
COMMUNAL SPACES

ORGANIZATION APPLICATION

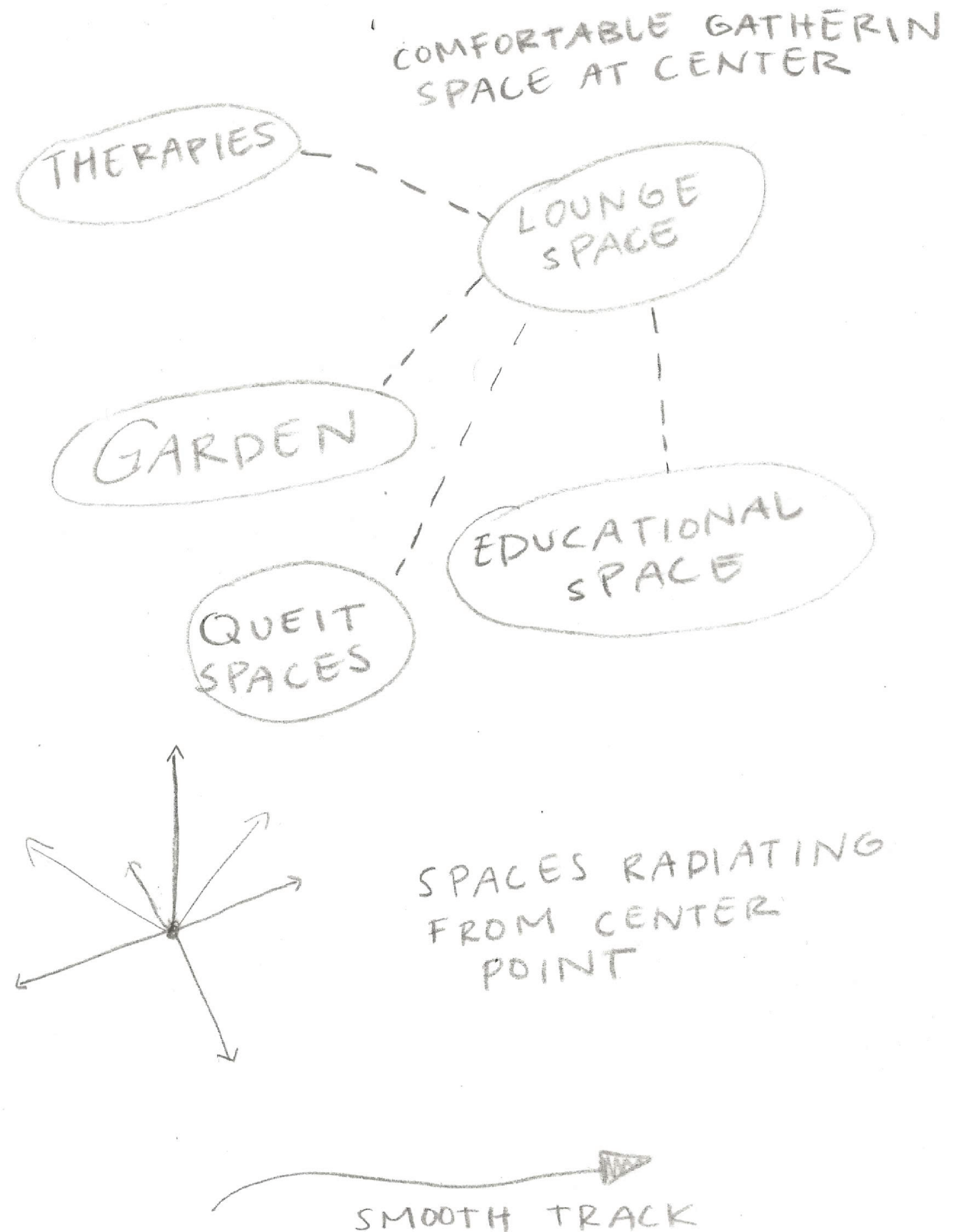
TRANSPARENT BARRIERS MADE BY CHRONIC ILLNESSES.

NOT MANY ILLNESSES ARE VISIBLE TO THE NAKED EYE. THEY ARE **INVISIBLE** YET MAKE IT DIFFICULT FOR A PERSON TO DO EVERYDAY ACTIVITIES. ALONG WITH THIS, MANY PEOPLE PUT BARRIERS UP SURROUNDING THEIR ILLNESS. I WANT TO BREAK DOWN THE BARRIERS AND MAKE USERS FEEL **COMFORTABLE**. DONE SO BY FOSTERING A HEALTHY **COMMUNITY** SETTING.

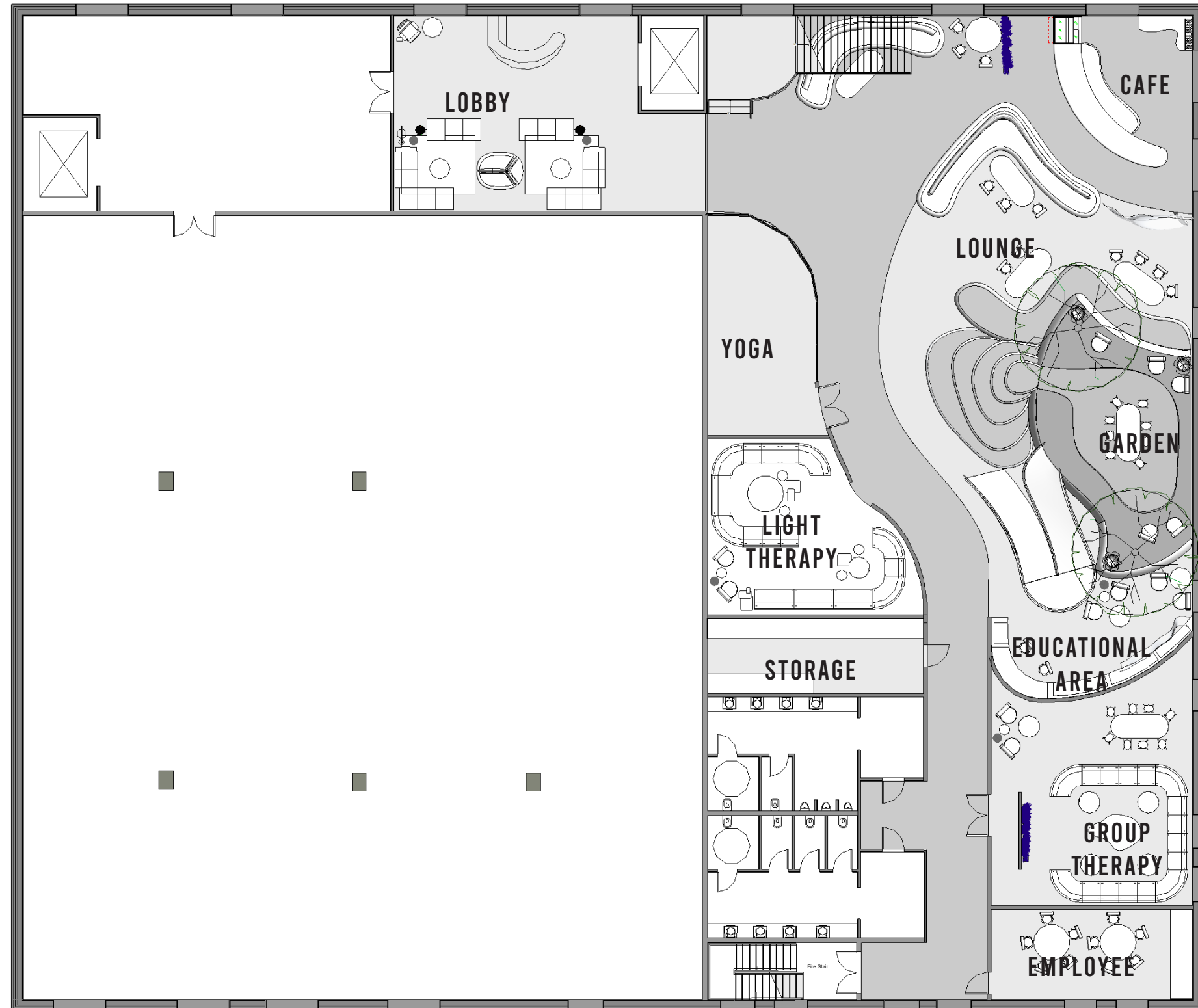
INVISIBLE:

COMFORTABLE:
THE HEART OF THE CENTER IS A COMFORTABLE MEETING SPACE, MUCH LIKE AT HOME

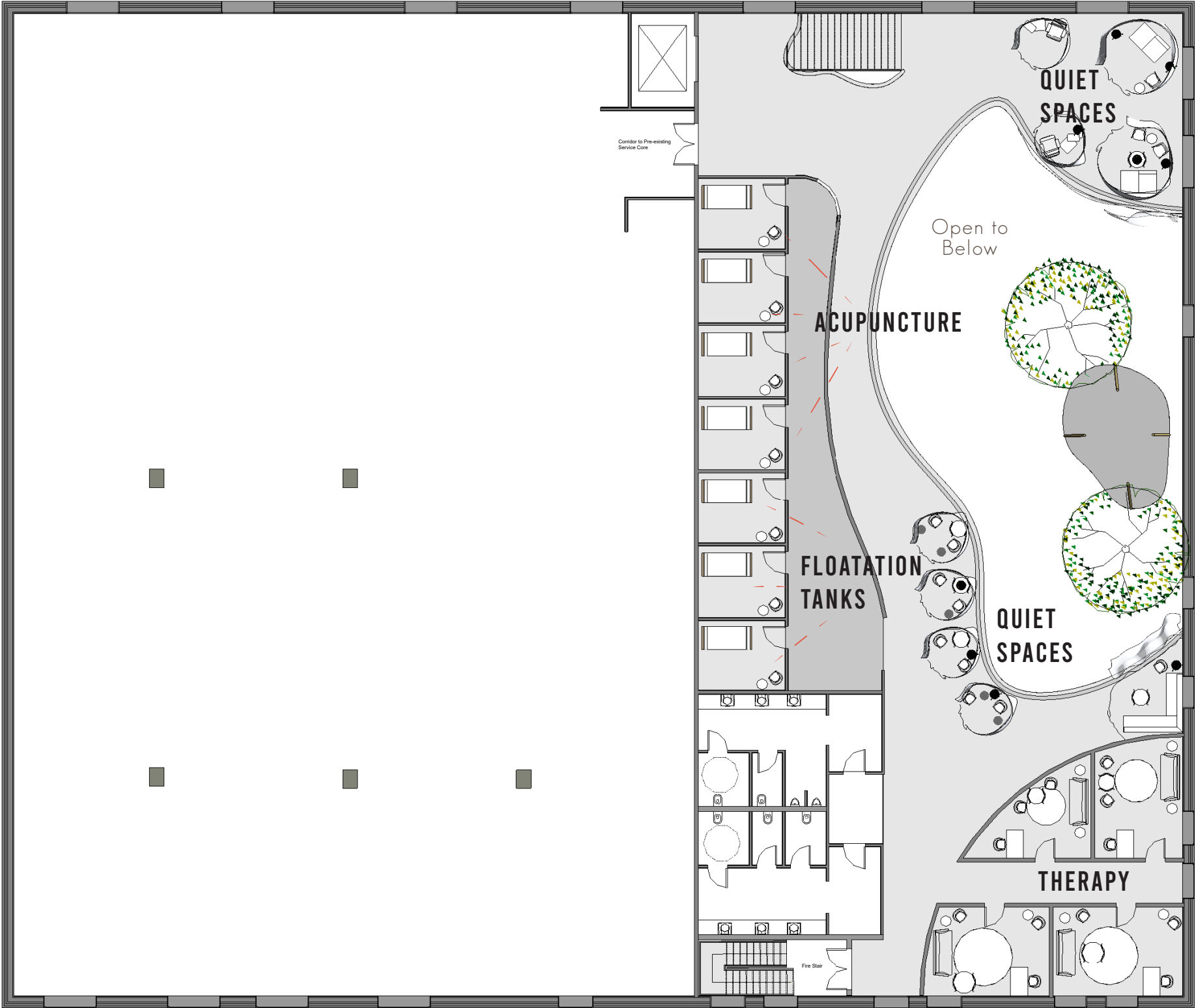
COMMUNITY:
CENTER EMPHASIZES MEETING SPACES



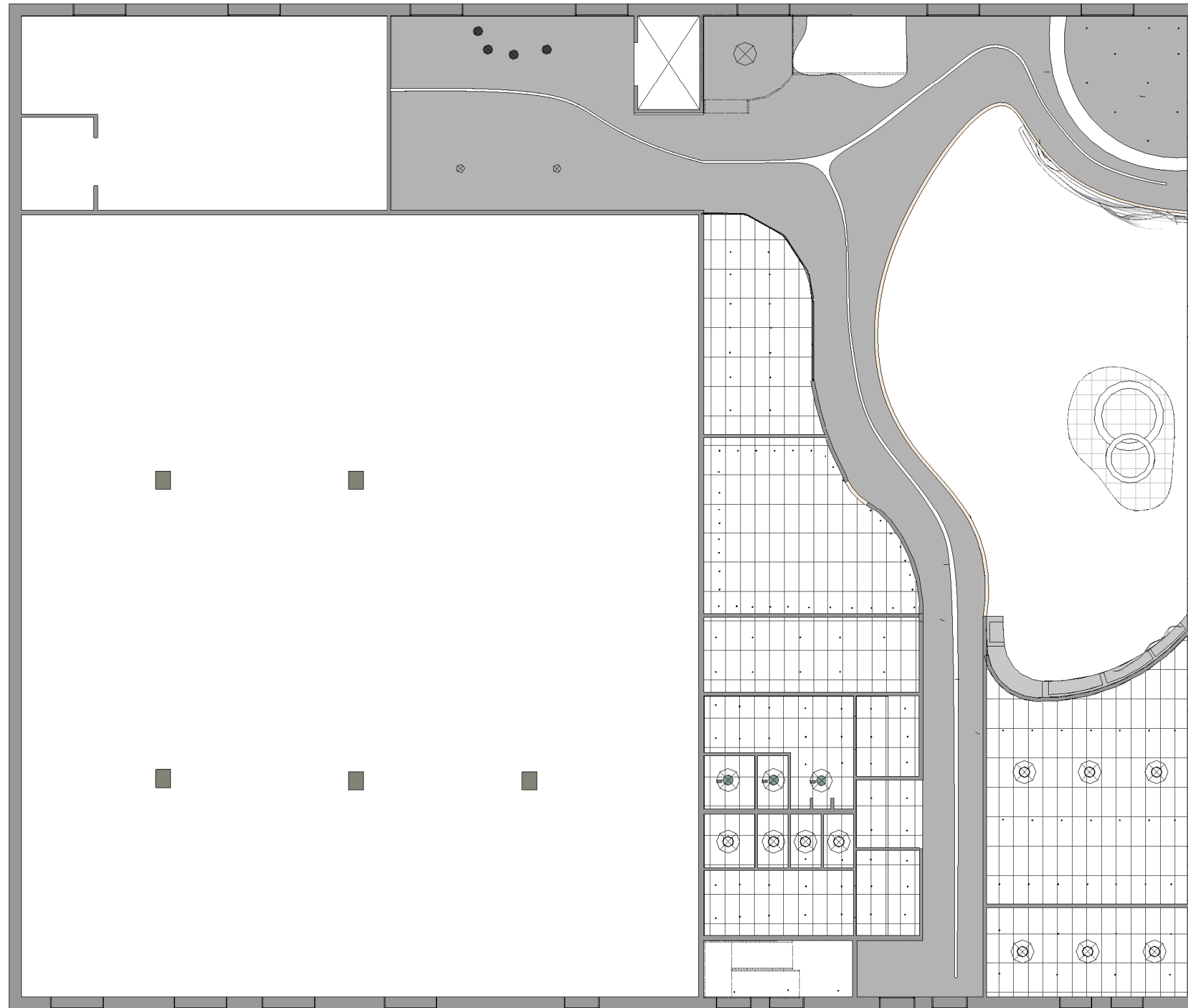
Furniture Plan : Level 1



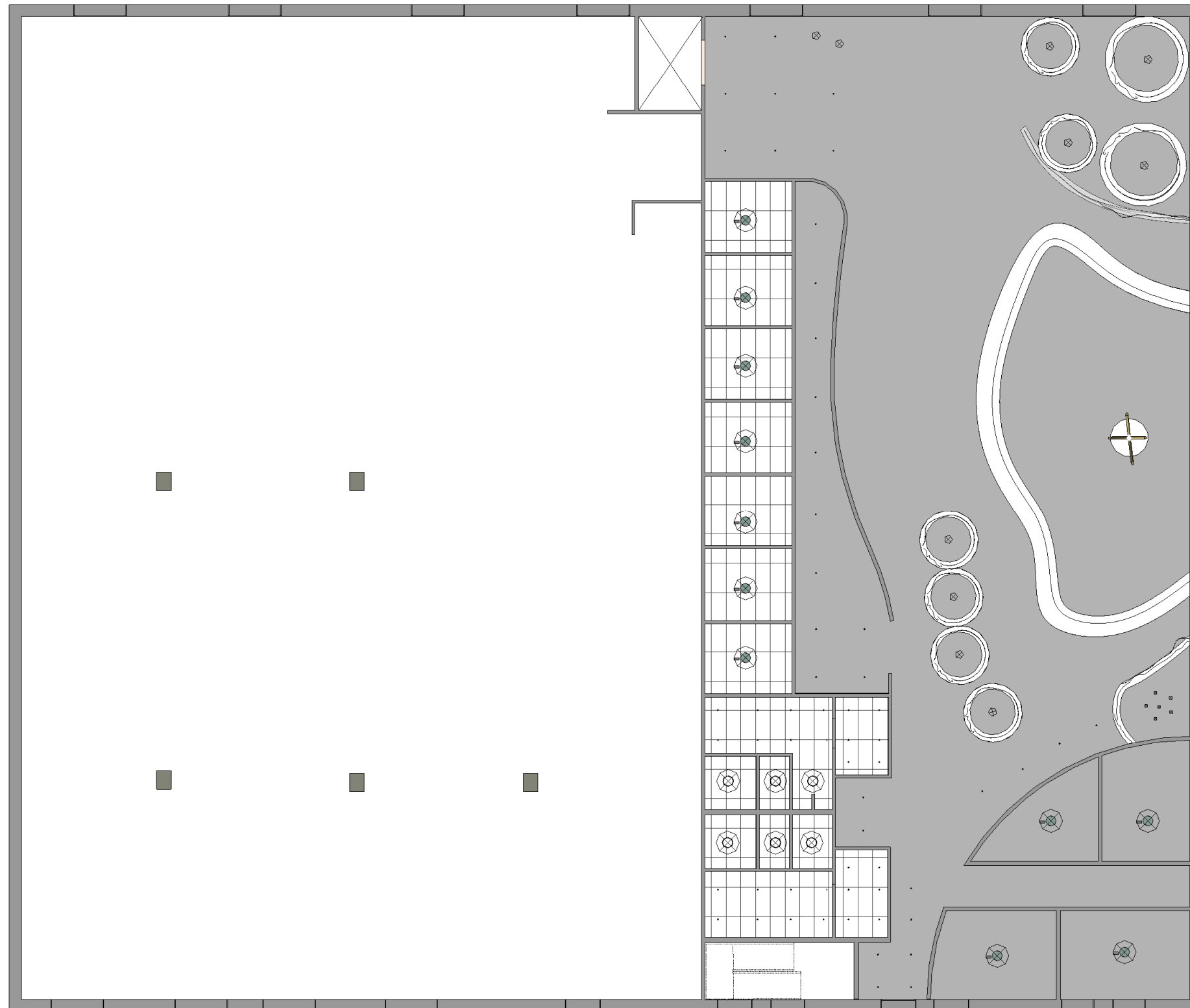
Furniture Plan : Level 2



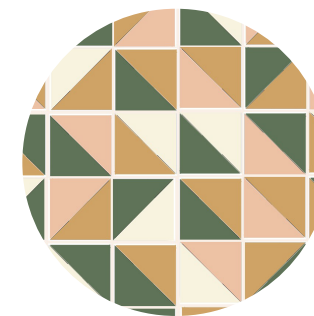
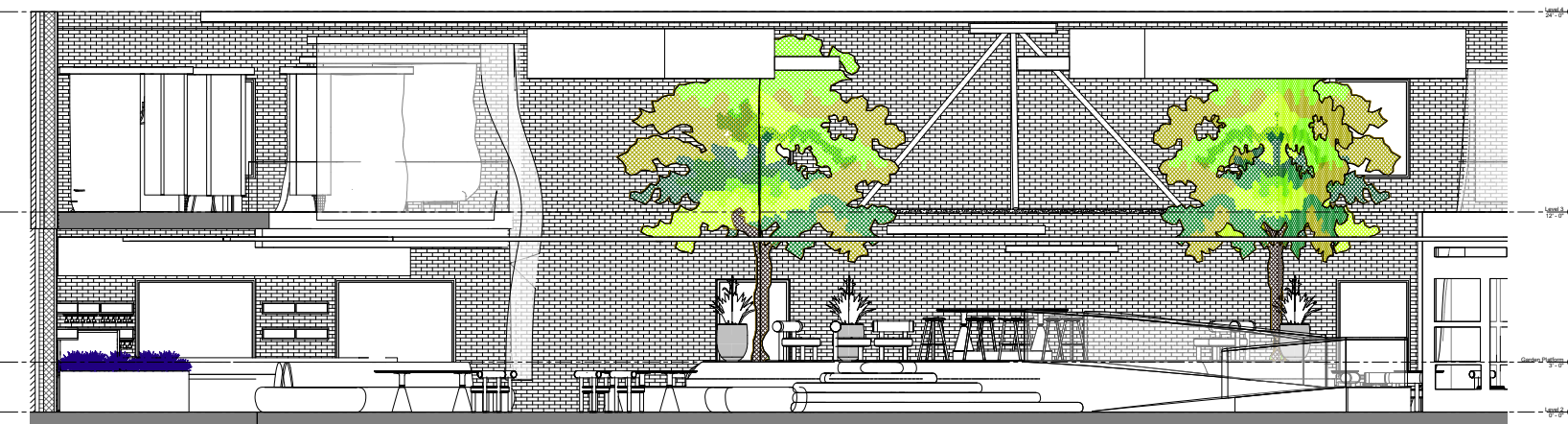
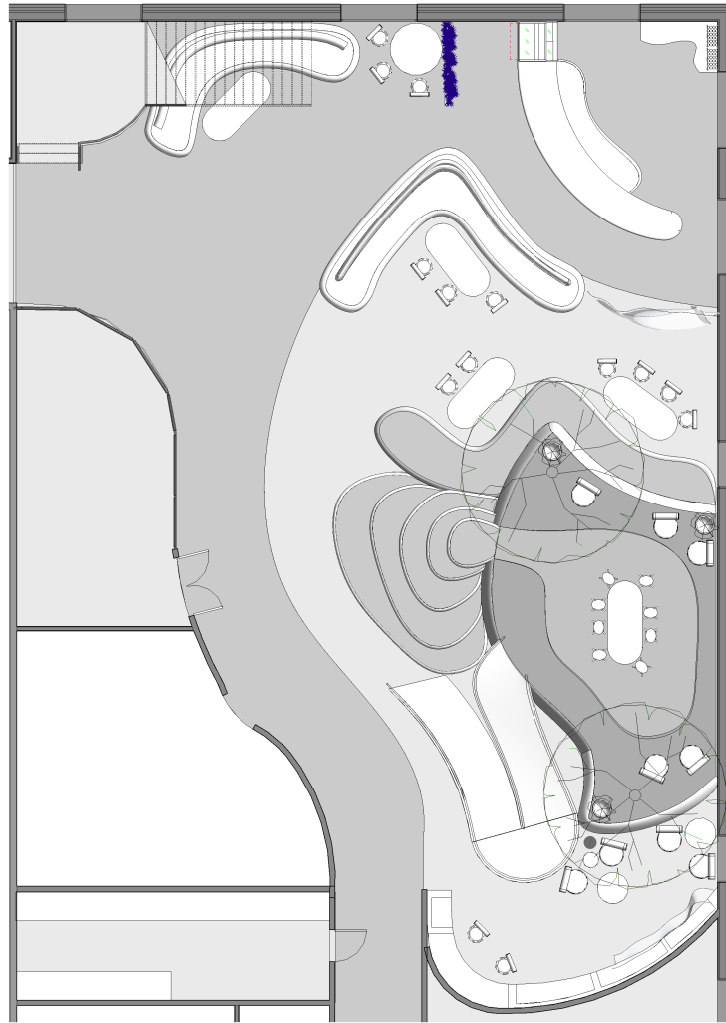
Reflected Ceiling Plan : Level 1



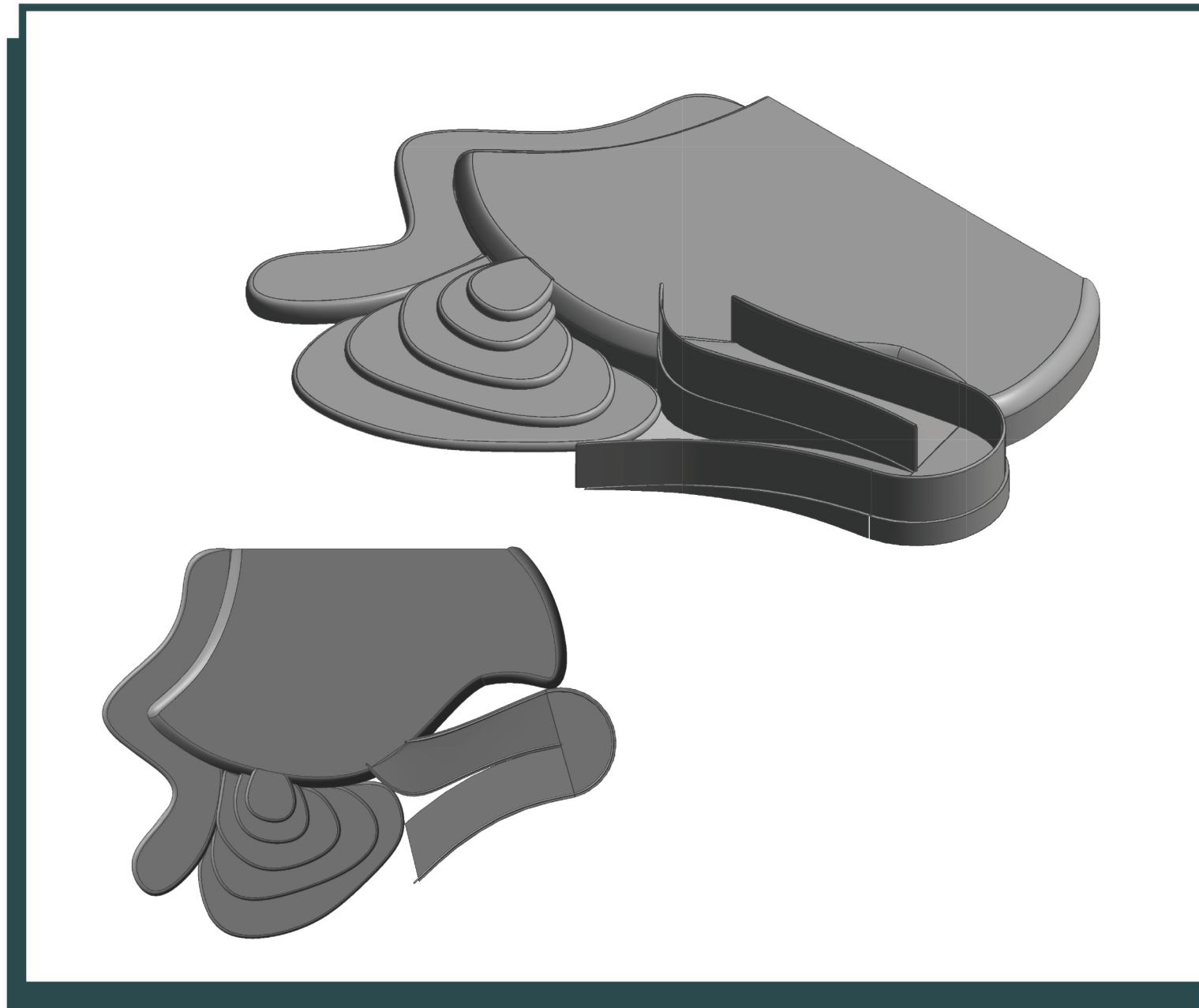
Reflected Ceiling Plan : Level 2



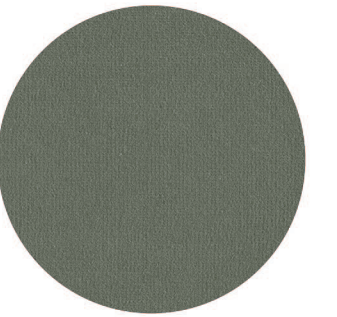
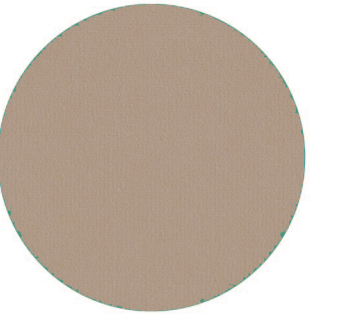
Arial View



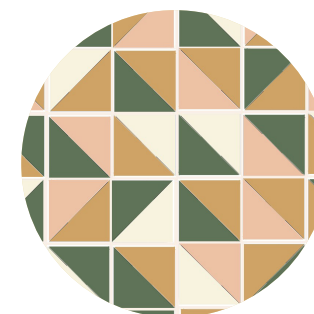
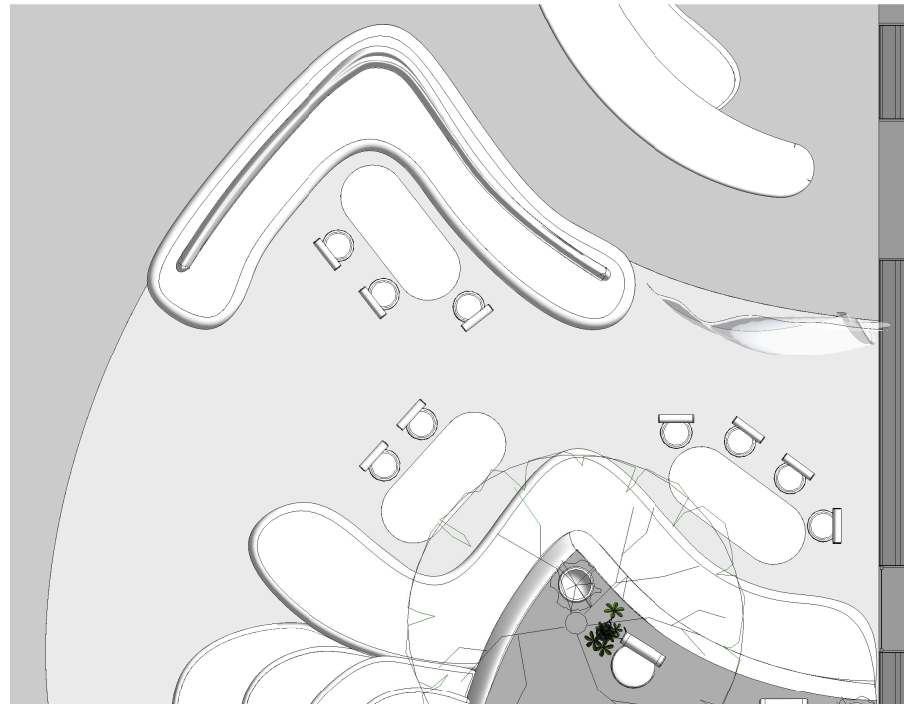
Atrium Prototype



Custom made atrium platform to act as a gathering space. This platform is raised 36" above finished floor and it includes a ramp, staircase, and built in sofa seating for the ground floor lounge space.



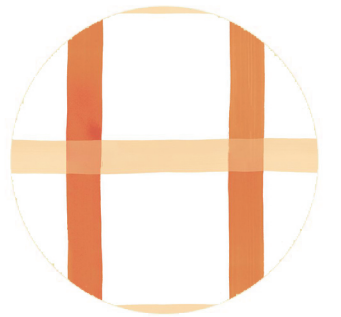
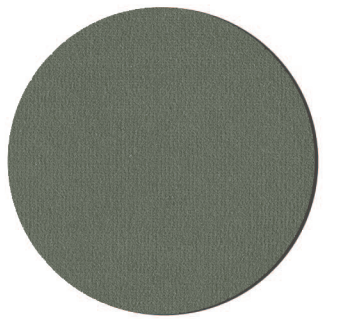
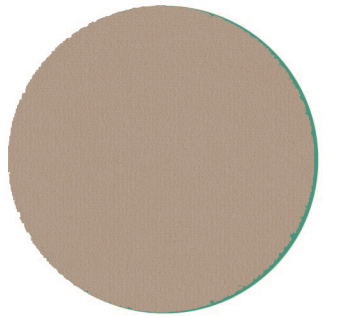
Lounge View



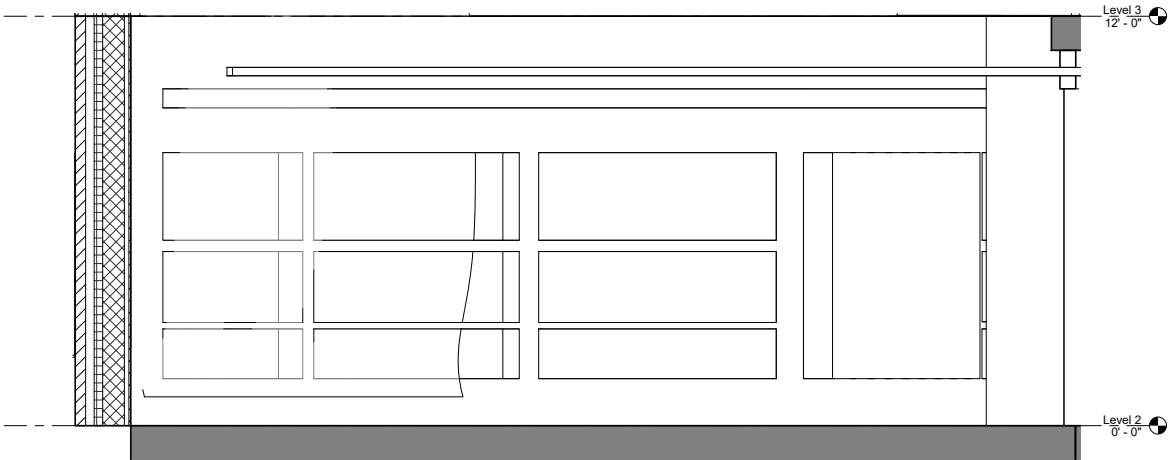
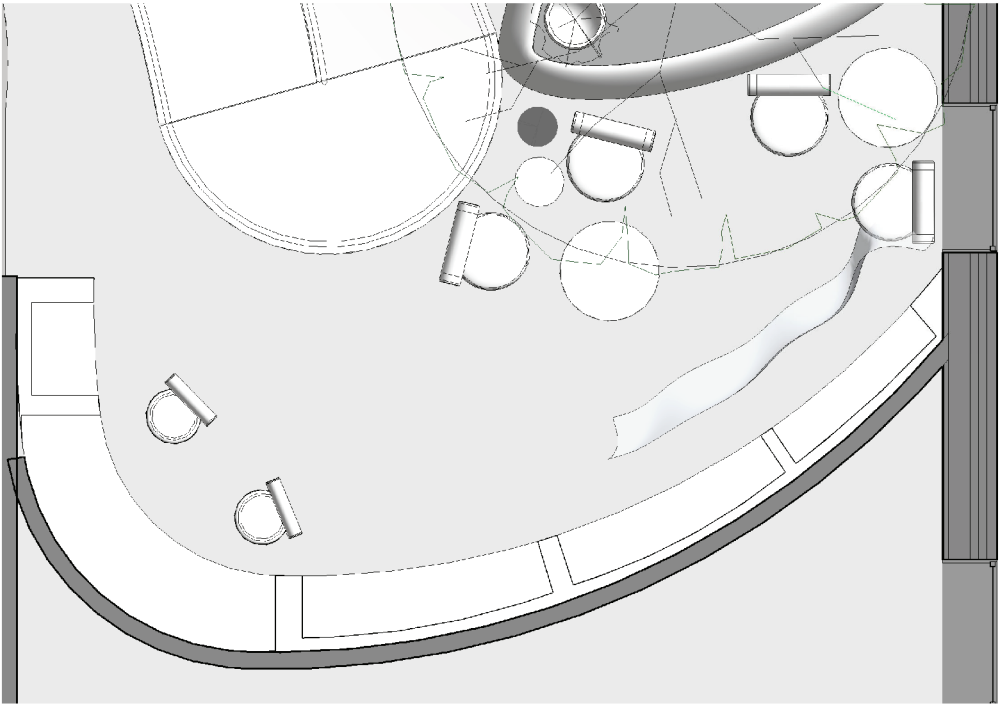
Lounge Prototype



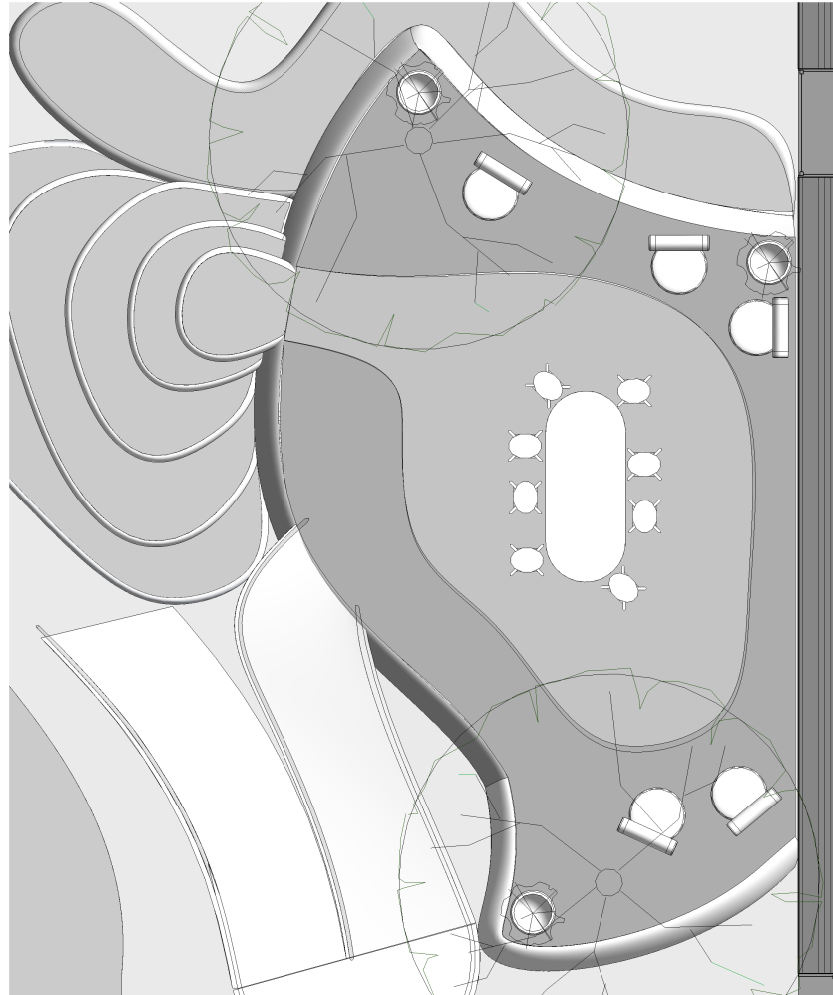
Custom made wrap around sofa.
This product was created with the
intention to divide spaces while also
keeping the layout open. Model
was produced in Rhino 7.



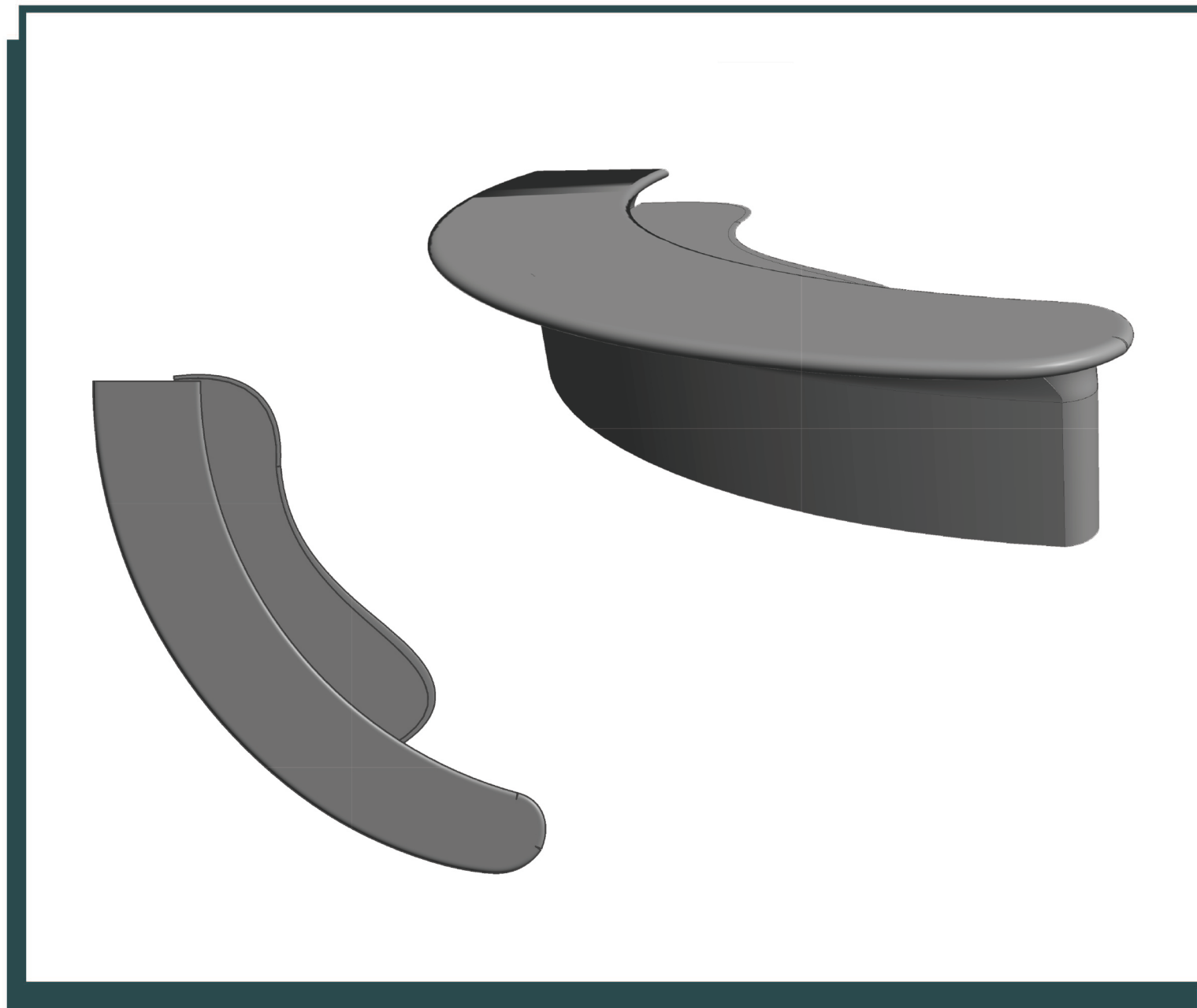
Educational Area View



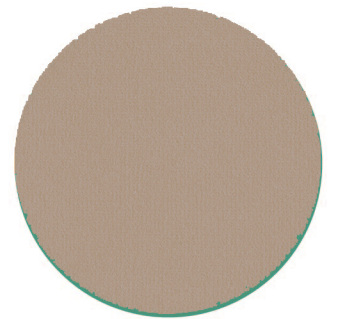
Garden View



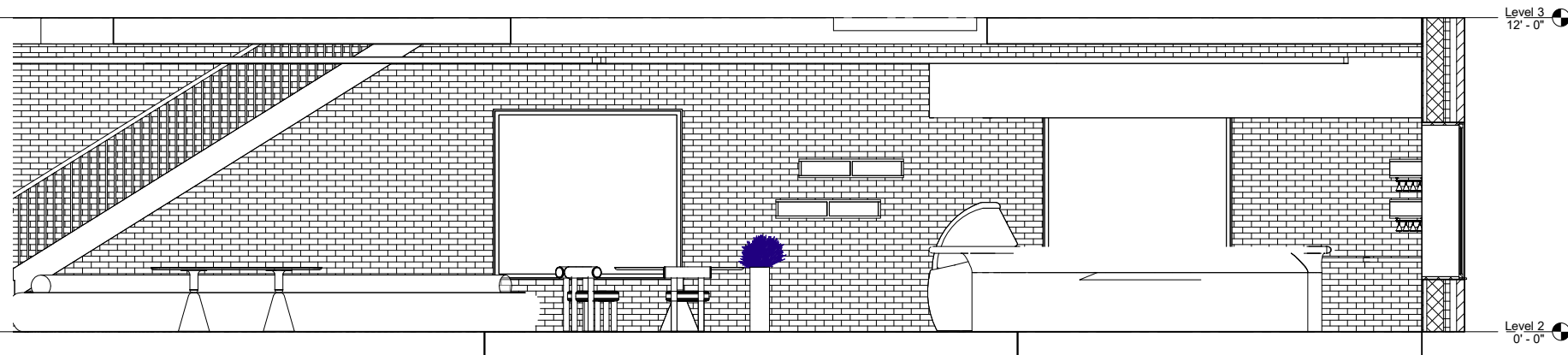
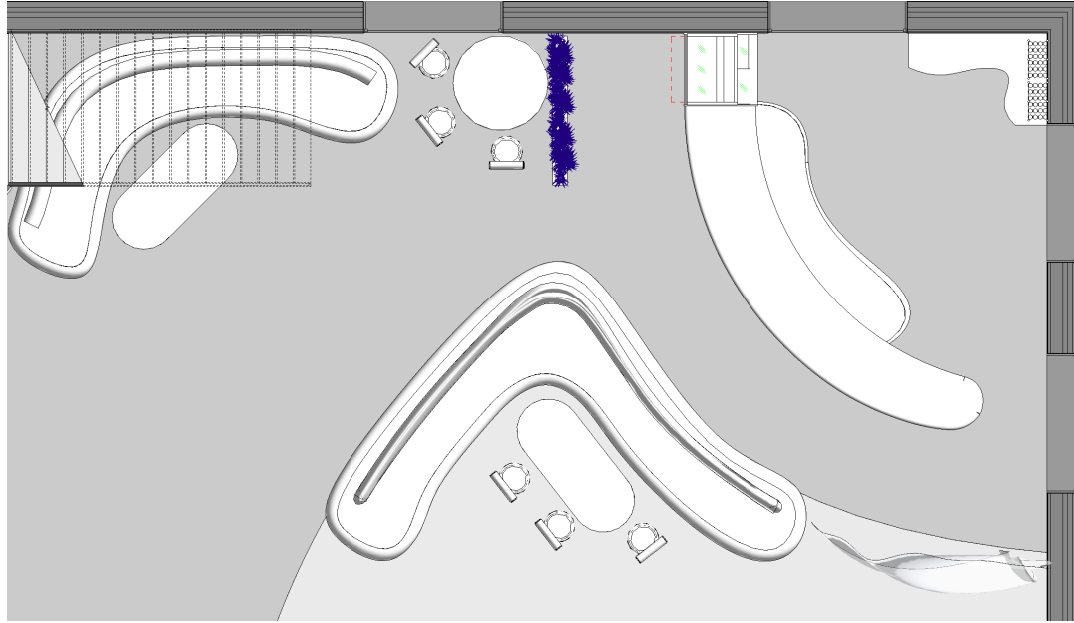
Cafe Prototype



Custom made double height cafe counter for checkout and preparing of food. Materials include terrazzo and an oak wood varnish. Model was produced in Rhino 7.



Cafe View



Thank You



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