

SILENT ARCHITECTURE:

HEALING IN AN INTERGENERATIONAL LIVING ENVIRONMENT

Katie Nightingale
Susanne Siepl-Coates
Fall 2013

"The most powerful of healing places is in the brain and in the mind" (Sternberg, 2009). Studies have shown that the mind and its functions are directly affected by the environment. Certain environmental stimuli, such as light and sound, affect the hormone levels in the brain. These chemicals drive reactions and can either help or hinder healing (Linaraki, 2012). Healing can be defined as an internal process of transformation. Silent Architecture may be a way to promote this

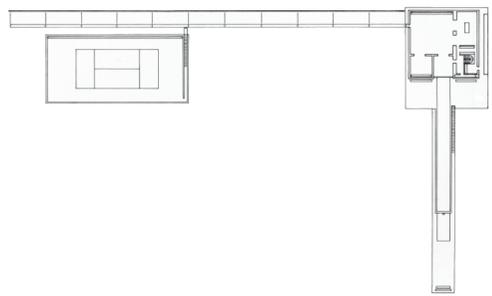
John Pawson

"...power comes from exploring fundamental problems of space, proportion, light and materials, rather than...stylistic mannerisms."



Abbey of Our Lady of Nový Dvůr

Simplicity



Simplicity comes from clean, uncluttered forms. Adornment is not necessary - materials and construction provide interest. Visual balance is the foundation for well-being. Balance, not necessarily through symmetry, gives life.

Balance



process toward well-being. As defined by Day, Silent Architecture is balanced, simple, and timeless. It evokes a sense of calm and peacefulness in those who experience it (Day, 1995). These perceptions can be especially important to older generations. In an intergenerational living environment, the difference of ages is emphasized, and stress over changes that come with age can become prevalent (Moschis, 2007). Design that takes these issues into consideration should share

Louis Kahn

"Structure is the giver of light."



Salk Institute

Light & Shadow



Light and shadow can quiet a space through the softening of corners. To be timeless means to be eternal - to "live in every moment". (Day)

Timelessness



qualities with the idea of Silent Architecture. The play of light and shadow, scale, proportion, unity of colors and materials are strategies that can positively impact psychological well-being (Day, 1995). It is suggested that the design of space can encourage a healing or calming effect in its inhabitants. This project will explore how Day's principles of Silent Architecture can inspire healing and well-being in an intergenerational living environment.

Luis Barragán

"...recapture the original innocence of the materials..."



La Casa - Vestibulo

Materiality



Materials with fine detail like concrete, wood, or plaster, promote a human scale. Proportion gives a sense of direction or a sense of rest.

Scale/Proportion



STATEMENT OF PURPOSE: to create an escape - from the city, noise, clutter, weather - to focus on art.

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