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PORTFOLIO

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FALL 2014

# ELDERS | SHRINKING

**Osteoporosis** is a thinning and weakening of the bones that strikes many women after menopause, as well as some older men

“Older adults can get shorter because the cartilage between their joints gets worn out  
And osteoporosis causes the spinal column to become shorter,” he says.

“Adults can also lose lean muscle mass but gain fat. This is a condition called sarcopenia.”  
Misalignment and osteoporosis are two main causes of height loss with age.

## HABITS THROUGHOUT LIFE THAT CAUSE SHRINKING:

- Slouching,
- Lack of physical activity,
- Smoking,
- Drinking alcohol or caffeine excessively,
- Extreme dieting,
- Taking steroids and poor nutrition.

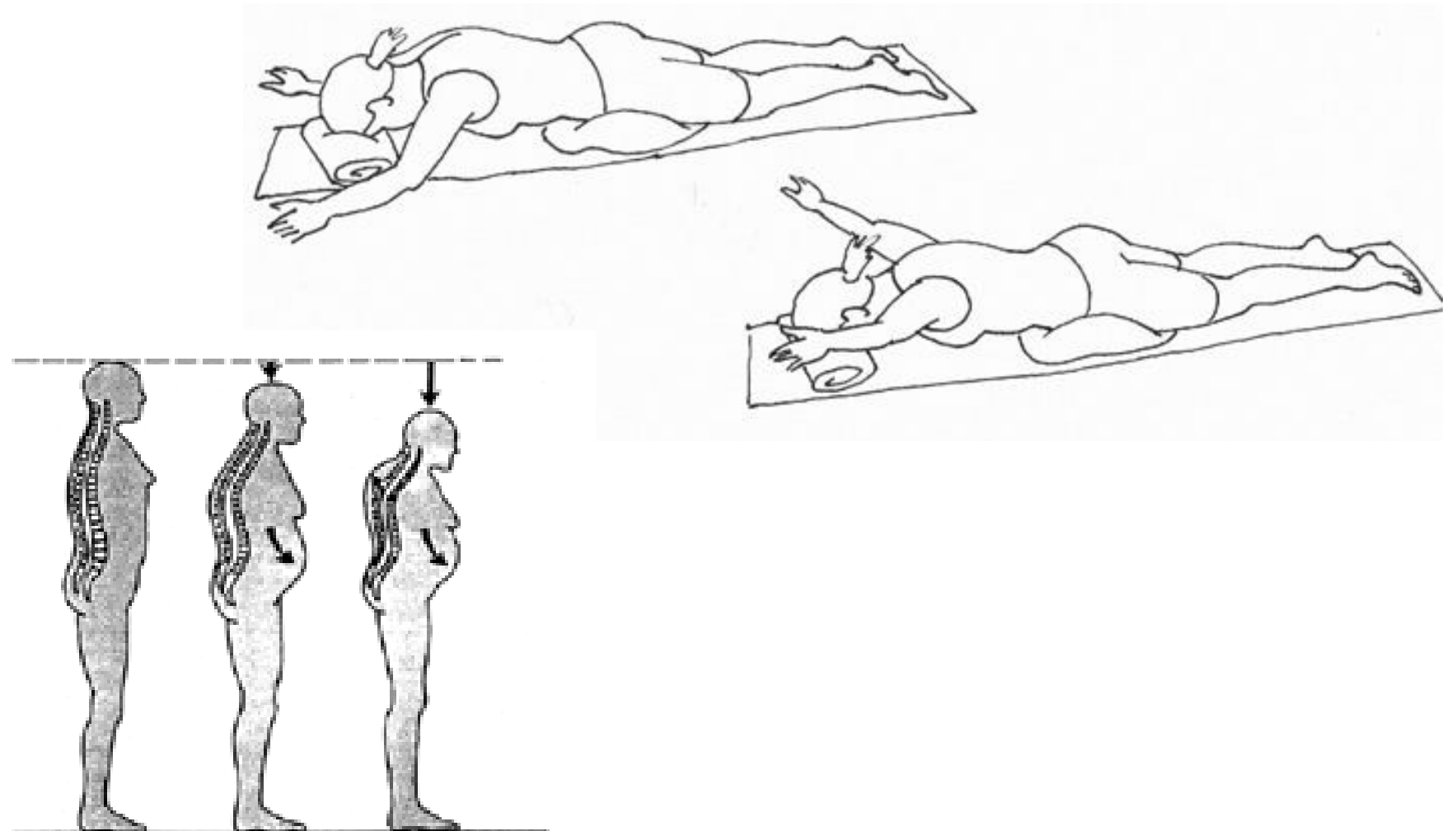
## WAYS TO PREVENT:

#1 – Give Your Bones the Nutrients They Need

- Calcium, Vitamin D and Vitamin C

#2 – Stand Straight and Watch Your Posture

#3 – Exercise to Strengthen Bones and Muscles



**LIST OF SPACES IN CONDO:**

KITCHEN: 12' x 13' = 156 sq. FT

LIVING ROOM: 13' x 15' = 195 sq. FT

DEN/SUNROOM: 10' x 14' = 140 sq. FT

PATIO/BALCONY: 8' x 5' = 40 sq. FT

BEDROOM (2): APPROX. 15' x 14' = 210 sq. FT

BATHROOM (2): 11' x 12' = 132 sq. FT

WALK-IN LAUNDRY ROOM: 7' x 6' = 42 sq. FT

WALK-IN CLOSET: 6' x 6' = 36 sq. FT

POSSIBLE BREAKFAST NOOK: 6' x 7' = 42 sq. FT

TOTAL APPROX. SQUARE FOOTAGE: 950-1500 sq. FEET



**REASONING FOR SPECIFIC SPACES:**

SQUARE FOOTAGE IS GIVEN BASED ON THE FEELING OF A HOME INSTEAD OF THE FEELING OF A CONDO OR APARTMENT. SINCE APARTMENTS AND CONDOMINIUMS ARE SMALLER, MORE SQUARE FOOTAGE IS NEEDED TO MAKE A SPACE FEEL LIKE A HOME. SINCE THEY ARE "AGING IN PLACE", THE IDEA IS TO CREATE A HOME, NOT JUST SOMEWHERE TO LIVE.

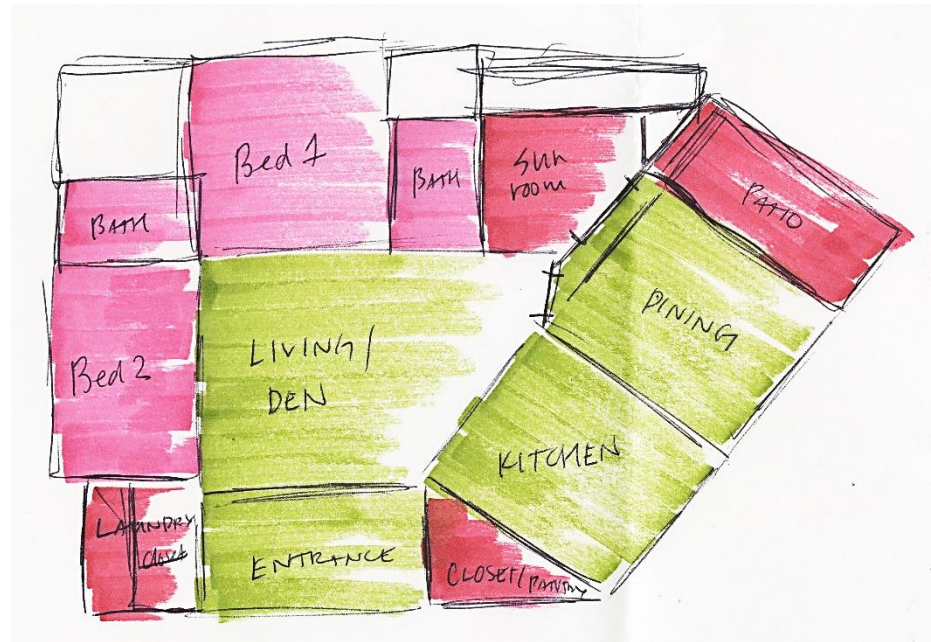
THROUGH RESEARCH AND HISTORICAL PRECEDENTS, SPACES LIKE THE DEN AND SUNROOM ARE ADDED BECAUSE THESE ARE ALL PARTS DAILY RELAXATION.

SQUARE FOOTAGE THAT IS PROPOSED HAS COME THROUGH RESEARCH OF DIFFERENT RETIREMENT COMMUNITIES AND THEIR HOUSING INFORMATION. NOT ONLY FOR THEIR CONDOS BUT ALSO FOR LARGER HOMES OR COTTAGES.

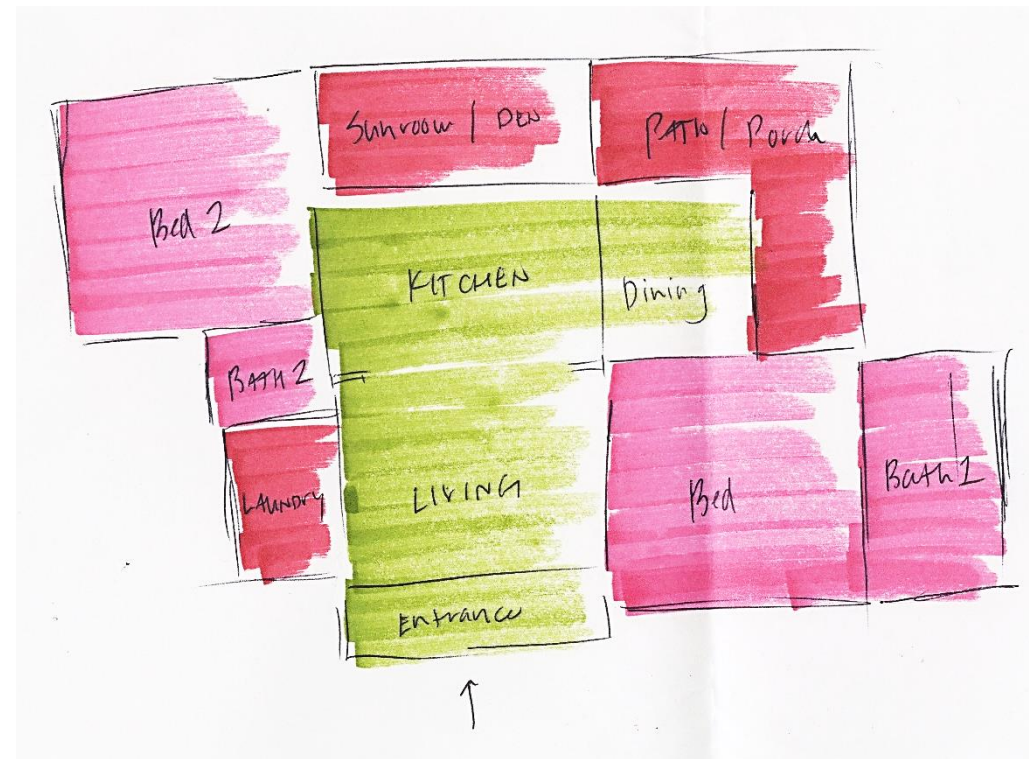




OPTION 1



OPTION 2



OPTION 3

