

Recognizing The Role of the Extended Family to Formulate a Pattern in The Design of the Nursing Home

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Abstract: *Changing the life trend and industrializing the societies lead to transforming the family's functions and authority, the families were transformed the extended pattern into the nuclear family. Following this change of pattern, the society faced a new phenomenon due to medical advances and rising the life expectancy which had never been considered a problem with the existence of the extended families until recently that is the aging phenomenon. Failure to pay attention to this class of the society creates some irreparable problems for the aged and the community. Therefore, it is necessary to address this matter. The purpose of this study is to understand and disseminate the effective criteria on the life and the elderly's residency which can be a useful guide to design and find the existing weaknesses in the design and rising the life condition quality in their last life period and also reducing their mental and affective disorders and the tolerance of separation conditions from the family and home. For this purpose, in the present research the weaknesses and strengths of several centers were studied by interview and consequently the effective factors to promote the elderly's life quality were provided.*

Key words: *The Aged, Nursing house, Extended family, Nuclear family*

INTRODUCTION

The old age is a biological and natural period of the human's growth which is generally and gradually referring all living beings. The hours went on for a while and at the same time, humans are getting worn out. Undoubtedly, it happens that today's generation, like their fathers and mothers, will have problems with aging and it will eventually be the only remnant of them (Rafie et al., 2015). The old age is an opportunity to relax and share experiences over the years but considering the problems and constraints that the daily activities can take for the aged person, living in this period is difficult for the individual. It is very important to create a safe and comfortable environment for the aged person. Living in aging when begins away from home and family will bring some problems. Since the elderly lives in the nursing home for a long time and they spend all the final years at these centers, observing the principles that provide them with the amenities and family and social support is very important. The aged persons are the precious reserves of each and the best culture transmitters, therefore a lot of research has been done from the past to the present about the elderly, their needs and their related factors. The aged persons' residency is one of the life related factors among elderly nursing residents which can have the negative and positive effects on them. According to Hemati Alamdar, living with the other family members has a positive impact on the aged persons' physical and psychological health, therefore given their cultural- psychological

position in Iran the best location to meet their needs is their family (Hemati et al., 2009). According to Tseng and Wang (2001), the social support, the families' support and the times contact with family have a positive influence on the aged persons' life (Tseng et al., 2001). In the rural regions of Neyshabour, Rezvani et al. performed a study on 150 aged persons. They concluded that to have a sense of happiness and enjoy the life have a positive effect on the aged person's life. Horvitez and Wener in their study showed that the active participation in various physical, cognitive and social activities and engaging in the life activities positively influence the elderly's life. In another similar research by Berglund and Erikson, they concluded that the elderly people want to be seen and to feel useful and they don't like to be a burden to their family and society (Rezvani et al., 2013). Following up on this issue, some of the nursing homes were visited and the aged people's problems and shortcomings in these centers have been studied; that one of the most important problems has been getting away from the family and the short-term relations with the family members, the problem that had not been in spite of the families until recently. Therefore, in the present research, an effective strategy to meet this problem is studied.

Problem- posing

The nursing homes as a physical residence in many countries are included in the residential buildings that in Iran their residents often are dissatisfied. And this is because many nursing homes have been designed without regard to their use and the old aged people's needs or the existing built buildings are used without the nursing home use and by a partial changes in their interior design. According to UN predictions, Iran, after the UAE and Bahrain, ranked third in terms of aging rate. In Iran, the rate of growth of the elderly population has increased in the last two decades from 1/3% to 3% and according to the census of 2006 the elderly people account for 7/25% of the population and have been estimated more than 5 million people (Khalvati et al., 2015). Although the life quality of the elderly people resident in the nursing home is lower than it in the home, some of reports show that at least 40% of the population above 75 years in their late in life need the extended care service (Adib et al., 2011). Changing the life pattern, transforming the extended families into nuclear families in the recent years and given that most of the aged people and especially those who with forgetting lead to they can not take care of themselves. Also, the high costs of the treatment of the elderly people leads them to the nursing home. On the other hand, according to the Kaveh Firouz's research the elderly abandonment of the community results in the psychosocial problems for them. He suggests that the elderly are employed in such jobs as child care centers (Kaveh et al., 2014). In India, a study was performed on 30 women resident in the home and their conclusions was that these persons' life was completely different from the life of who lived in the nursing home because the aged persons were supported by their family members.

Until recently, the aging process in India never a problem because the families supported the aged people. But today, with the collapse of extended families, we are faced with severe problems. In this period, the young generation's commitment to the previous generation has been fulfilled. Most elderly people who live with their family members feel attached and useless. On the other hand, the elderly people who also live in their own houses state that they are being neglected by their family members. Since these people are incapable of doing some things, they face many problems (Faya et al., 2012). In the design of the nursing home, special attention should be paid to creating a safe, healthy, comfortable and economic environment and social integration (Edward et al., 2013). In Salarvand's study there are generally three important elements from the elderly people's viewpoint including employees, the other residents and family were very important and in this study, the elderly people welcomed and encouraged other people's meeting. In

the mentioned study, the impact of social factors on the elderly people's health was emphasized and it has been explained that to deal with anxiety and depression in the elderly people, attention to social factors especially the social supports is necessary (Alipour et al., 2009). The elderly people are at risk of reducing their participation in the different life areas due to job losses, reduction of revenue and increase of the problems related to their health. They are vulnerable groups of the society. To design such places, their safety and also their neighbourhood should be taken into consideration (Khalvati et al., 2014). Therefore, attention to the design of places is necessary considering the users' needs to satisfy the elderly people and given to that the elderly people are the best bearers of the society culture. In this regard, a number of nursing homes in Alborz and Kerman were studied through interviews with the authorities and the elderly people (Amin et al., 2012).

Due to the problems of the elderly and some diseases such as Alzheimer's, a limited number of them were interviewed. Some of them generally didn't have any first-degree families, they had either lost their family due to an accident or their family members had emigrated outside Iran and they were forced to live in a nursing home after losing their spouse and due to inability to do their works (Rafie, 2003). The studies showed that most of them were satisfied to live in these places in which they could communicate with their peers and easily access to the medical facilities. Also, the existence of a series of recreational programs on certain days has created a vitality among them and increased their interest in the desired location. But the most elusive point of reference was about communicating with their family members. For instance: a retired Literature teacher described the life in this place as such: "After the death of my son and my husband, I came to this place and I like to live here because of many things like the existing medical facilities, the fun plans on some days of the week, talking to the nurses and consultant and also living with my peers". A 74 years old man resident in this complex about living in this place says: "When sit together in the afternoons with my peers, I only feel the absence of my children and grandchildren and I would love to have my nephew some day and play in the grass". In the other interview with a 81 years old man, he said: "when we were young, we were also interested in our own life and we were caring for my parents. But I have 5 children, after the death of my wife they left me here and went with their wives and children". In this regard, a short study was done on the extended families and their homes (Journal). To review the homes, the world's largest brick house Haj Ali Agha's house in Rafsanjan was studied. The most important thing is the existence of the different yards for the different gatherings. Following this study, the main thing about these houses was the integration and unbreakability of the family and that the family members were required to care and respect for the elderly people. Studying the houses of the extended family demonstrates the existence of the different yards to communicate between the family members and with the other people (Abdollahi et al., 2013).

Proposed solution

The main problem of the elderly people in this period is the weak presence of their family with them and while in the past not so long ago, such a problem has not existed. They spent their aging, like other lifetimes, in spite of old age problems with their family members. But what's is to design a space that, in addition to meeting the needed standards for the elderly and creating a safe and fun space, will design spaces for the people and especially the family member to enter these centers (Hashemnejad et al., 2009). And also inspired by the houses of the previous period, with different courtyards, the complex has private and public courtyards to enter the different people of different ages (Vosooghi et al., 1992).

Conclusion

In the present article, the problems of the existing nursing homes and the main elderly needs have been affectively studied. After studying the previous research and also interviewing with a number of the elderly, one of the most important issues related to them was to communicate with their family members and attend the community (Siam, 2002).

Then, by checking the extended families and their life way and place the positive negative points of this life were reviewed. The cause of the collapse of extended families can be due to their lack of independence. But the life of these families in the large houses with different courtyards for various meetings has made it possible for more members to be contacted(Journal) This had been led to living the different age groups alongside each other. Considering the mentioned cases the relationship between the elderly and the community and with the family member is an important and undeniable case and in order to achieve such a relationship, it can be designed some spaces for the social communications and relationship with the family members like the houses of the extended families. Also, it can be considered some spaces for these meetings and communications that in addition to being independent from the main complex, these centers are in contact until the elderly can easily meet with these people. To design the nursing home, the urban scale is considered. However, this scale should be on a neighborhood scale (Salarvand et al., 2008). Another important case which can be used in the further investigation is to play the role of family by an aged person for the persons who need a family.

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