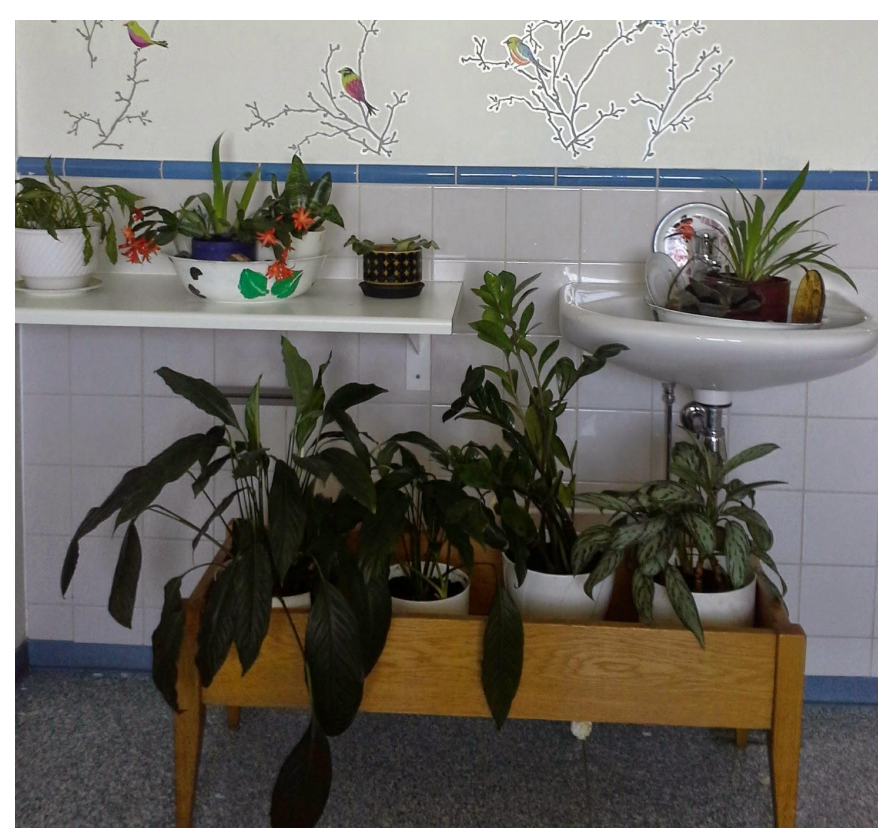


# A Room for Reminiscing

Minno® 2015: Culture and Wellbeing

## The Mission

The goal of this project was to create a reminiscing room for elderly people at Myllypuro Comprehensive Service Center. The purpose of this room is to help the elderly to revive their memories and give them a space to have group sessions. Furthermore the room should provide a relaxing atmosphere where residents can meet their close-ones more privately as well.



## The Ideas

**Activity Cabinet** for enhancing cognitive skills:

- Board games
- 1960s radio
- Books and records

**Nature** to enable the connection with it:

- Aquarium
- Sink-plants
- Neutral colours

**Acoustics** to diminish the echo and soften the overall design:

- Wooden panelling
- Curtains, cushions, well-placed carpets
- Finnish woven rug (ryijy)

## The Results

The activity cabinet and plant arrangements were both chosen to be realized in the reminiscing room. Residents were also involved in painting the flower pots and planting the plants.

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Reference:

Crews, Douglas 2005. Artificial Environments and an Aging Population: Designing for Age-Related Functional Losses. Journal of Physiological Anthropology and Applied Human Science