



Distract

Distractive centre for cancer patients

Cancer for young adults is a serious transition period in life that can cause "uncertainty, disruption, limitations in daily life and psychological suffering" (Kelly, Gibson, 2008: 131).

That is why the distraction center focuses on revival, on life after diagnosis, on a healing environment to positively influence the psychological, emotional and spiritual suffering of cancer patients. A space that can distract patients from negative thoughts that affect their wellbeing. An environment that can bring patients to the point where they are mentally adapted to the situation, have a full understanding of the

Recharge Acknowledge Distract

treatment process, and will be ready to fight for their own lives.

The Gartloch Asylum is the Grade II listed site, which has been adapted for this project to take into account the main idea of "the health of the body and minds of users and the health of the building". Existing elements of the site have been left untouched to connect the feelings of cancer patients with the existence of the site. This means that the abandoned building symbolizes cancer, and the inserted design shows how beautiful life is and how it can defeat cancer, as well as distract from thoughts of death through distraction

strategies. These strategies are implemented throughout the site, such as emotional distraction in the right wing of the ground floor, psychological distraction in the left and right wings of the first floor and spiritual distraction in the middle of the first and second floors with an observation deck on the top floor.

This project is focused on the cancer patients at the 1st stage of their diagnosis, aged 18 to 29 years. As the suicide is the leading cause of death among 15–29-year-olds cancer patients.

Distractive strategies

Psychology

Acknowledge

Bibliotherapy + meetings with peers

What if the interior can help you find the answer?



Stage 1 - Denial



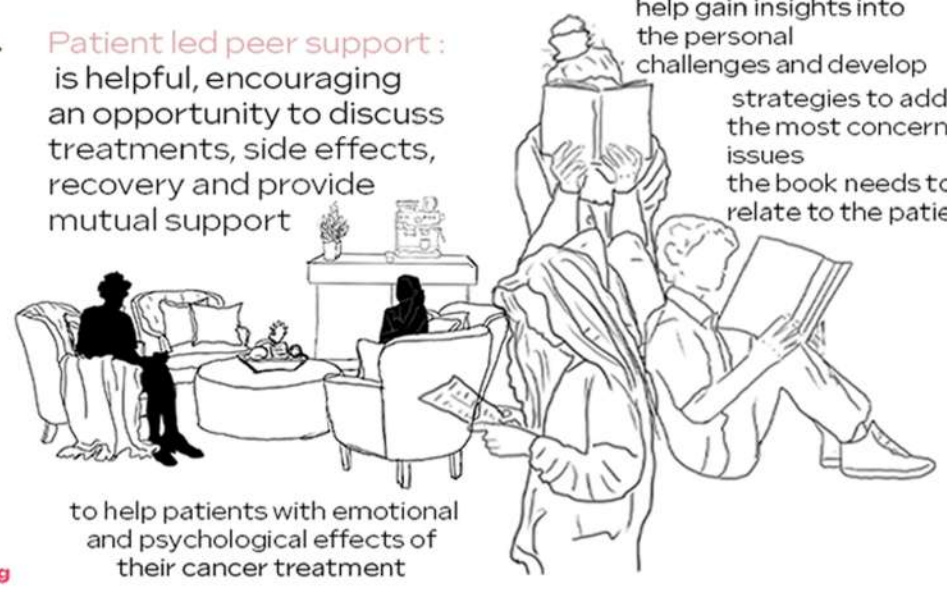
Stage 4 - Sadness



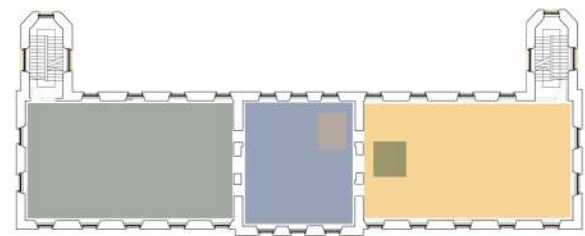
Stage 3 - Bargaining

Patient led peer support is helpful, encouraging an opportunity to discuss treatments, side effects, recovery and provide mutual support

Bibliotherapy help gain insights into the personal challenges and develop strategies to address the most concerning issues the book needs to relate to the patient



to help patients with emotional and psychological effects of their cancer treatment



● Semipublic ● Spiritual space ● Psychological space

Spirituality

Recharge

What if spirituality can help adjust to the diagnosis?

What if water could help find a source of life?



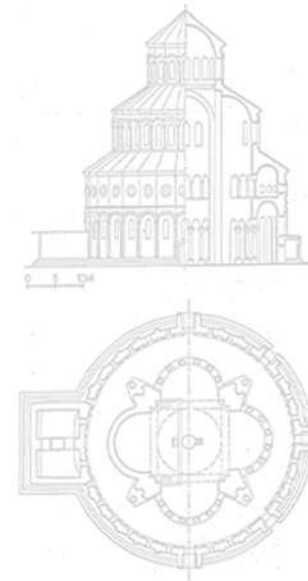
Stage 5 - Acceptance



Stage 3 - Bargaining

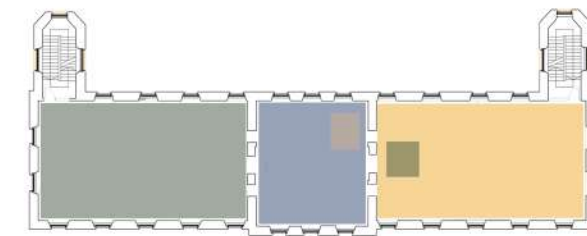
Convey the idea that all people are of equal importance

High ceilings create the feeling that space of great importance



Seating layout creates an overall sense of balance

Sound or sight of water can increase a blood flow to the brain and heart and induce relaxation



● Semipublic ● Spiritual space ● Psychological space

Emotions

Distract

splash out emotions

What if the interior can cause a burst of emotions?



Stage 2 - Anger



Stage 4 - Sadness



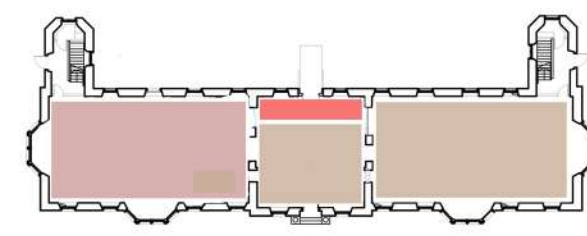
intense exercise eliminates mental stress brings a sense of calm



beauty serve to increase our confidence and self-esteem, as well as affects emotions



art is a new language that can be used as a safe way to express deepest feelings and emotions



● Public ● Private ● Emotional space

The distraction center is linked to the central design of behavior,

which aims to positively influence the psychological, emotional and spiritual state of users through the environment.



Age -22
Occupation - Event organiser
Personal life - single, Kelly loves to create interesting events that make her clients happier, completely dedicated to her work; likes to read and walk alone.

Kelly Martin

Type of cancer - Breast cancer, stage 1
Symptoms - Itching, pain of the nipple, pain in the chest that does not pass, has an unusual thickening in her armpits.

Sufferings:
- feels unprepared to make any decisions about her treatment
- worried about how people will react to her diagnosis
- fears side effects at a young age, as it can later affect her fertility or menopause
- not knowing what will happen to her, makes her feel anxious and angry, which causes symptoms of depression.



User Profile



Denial of reality: talking to a counselor or friends, meditation



Bad day, why me? questions, uncertain cause of cancer: learn more about cancer, movement and exercise



If only... unanswered questions: relaxation techniques, counseling, communication with others

Emotional stages and how to respond to them



It is difficult to be cheerful, to look for something positive: find time to be alone, support groups, treatment



Be ready to put all your efforts to fight the disease: to come to terms with the diagnosis, a spiritual approach



Age -27
Occupation - Estate agent
Personal life - Married, no children, Steven saves to buy his dream house and have a big family

Steven Berry

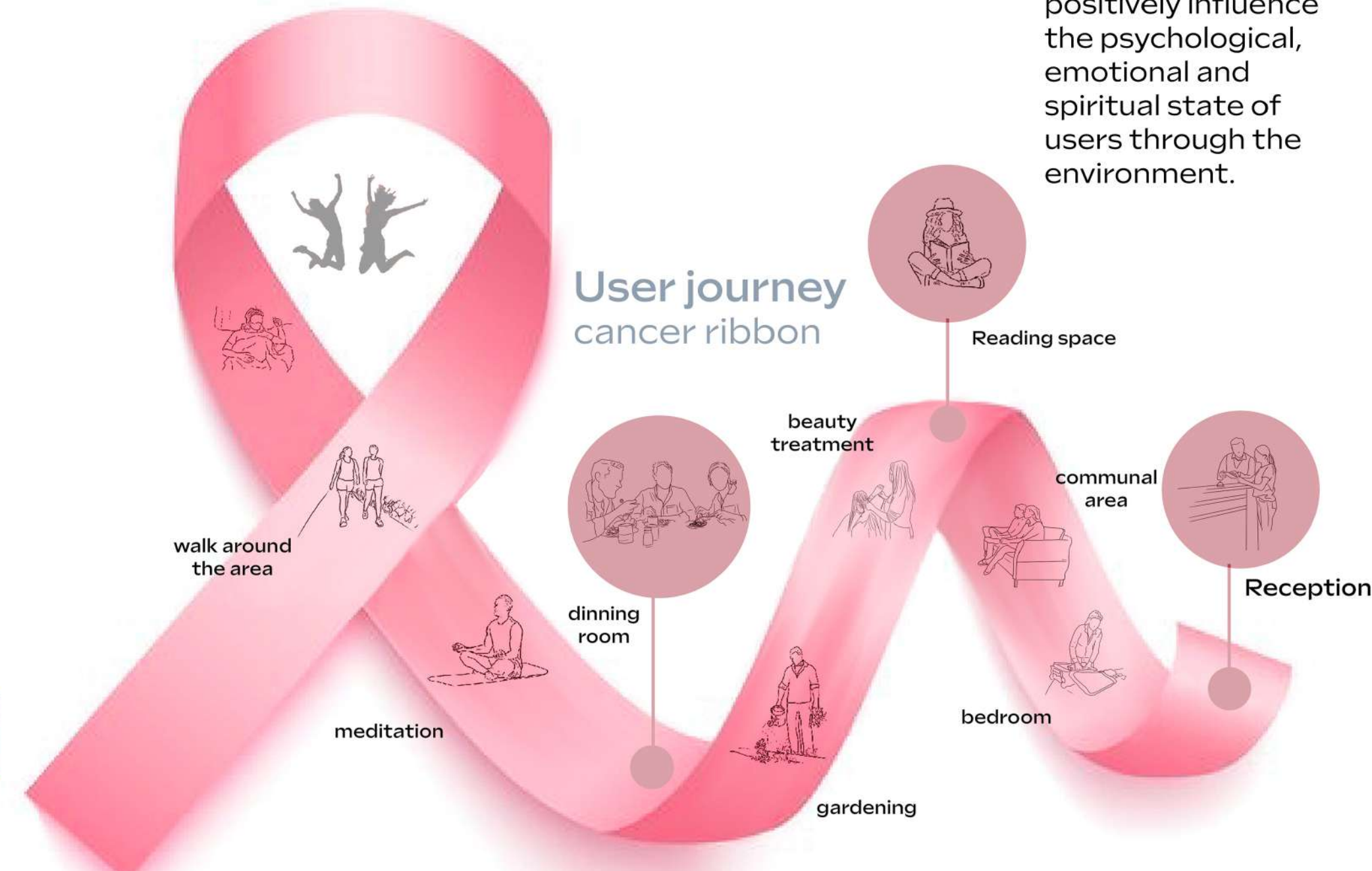
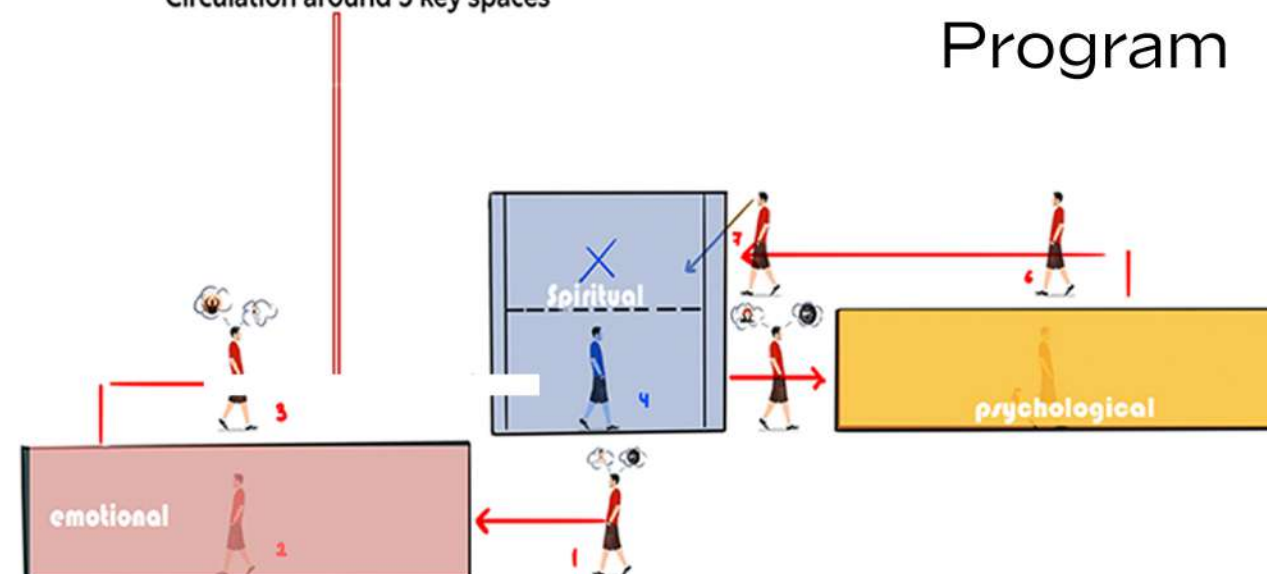
Type of cancer - non-Hodgkin Lymphoma, stage 1
Symptoms - Painless swelling of lymph nodes in his neck, persistent fatigue, shortness of breath

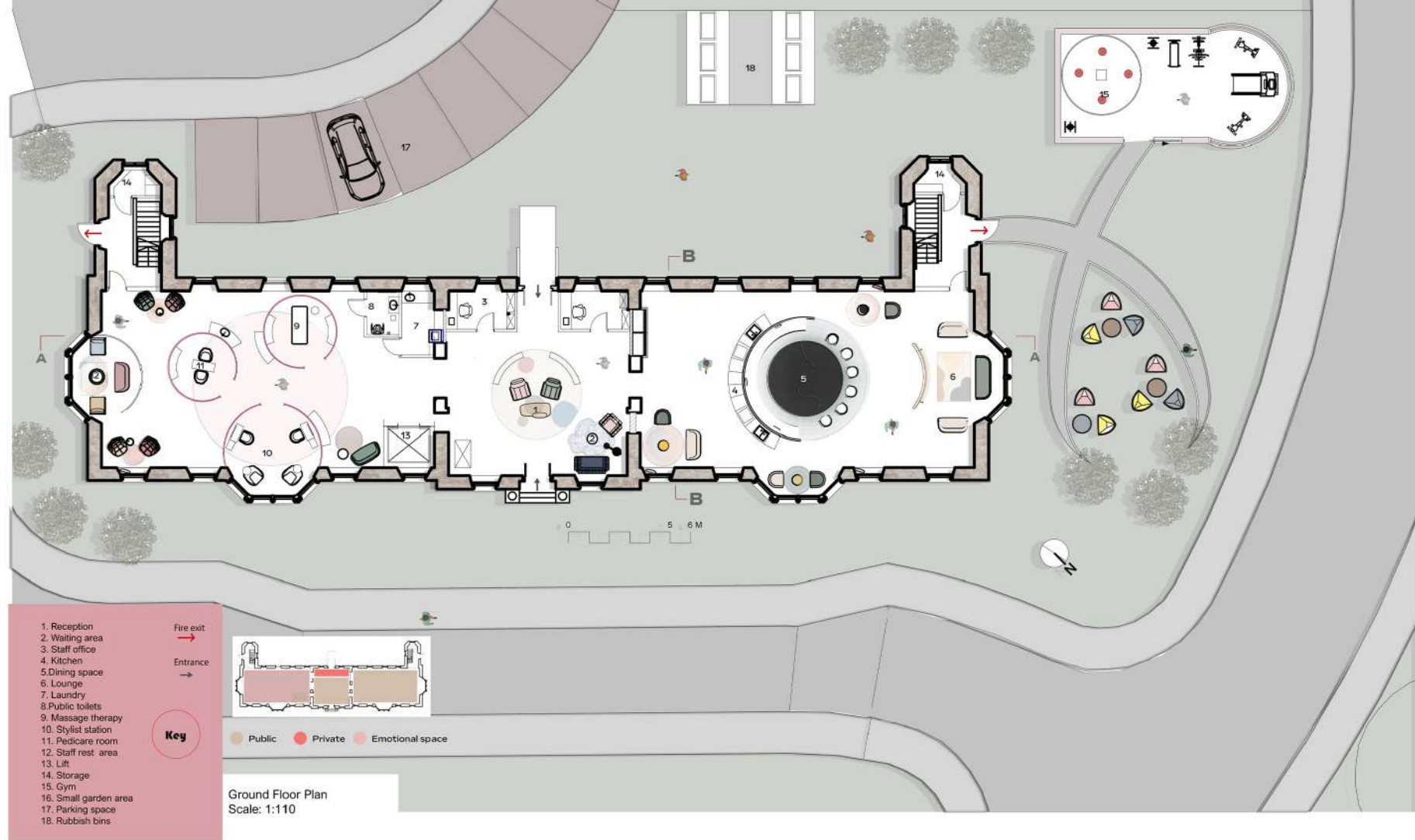
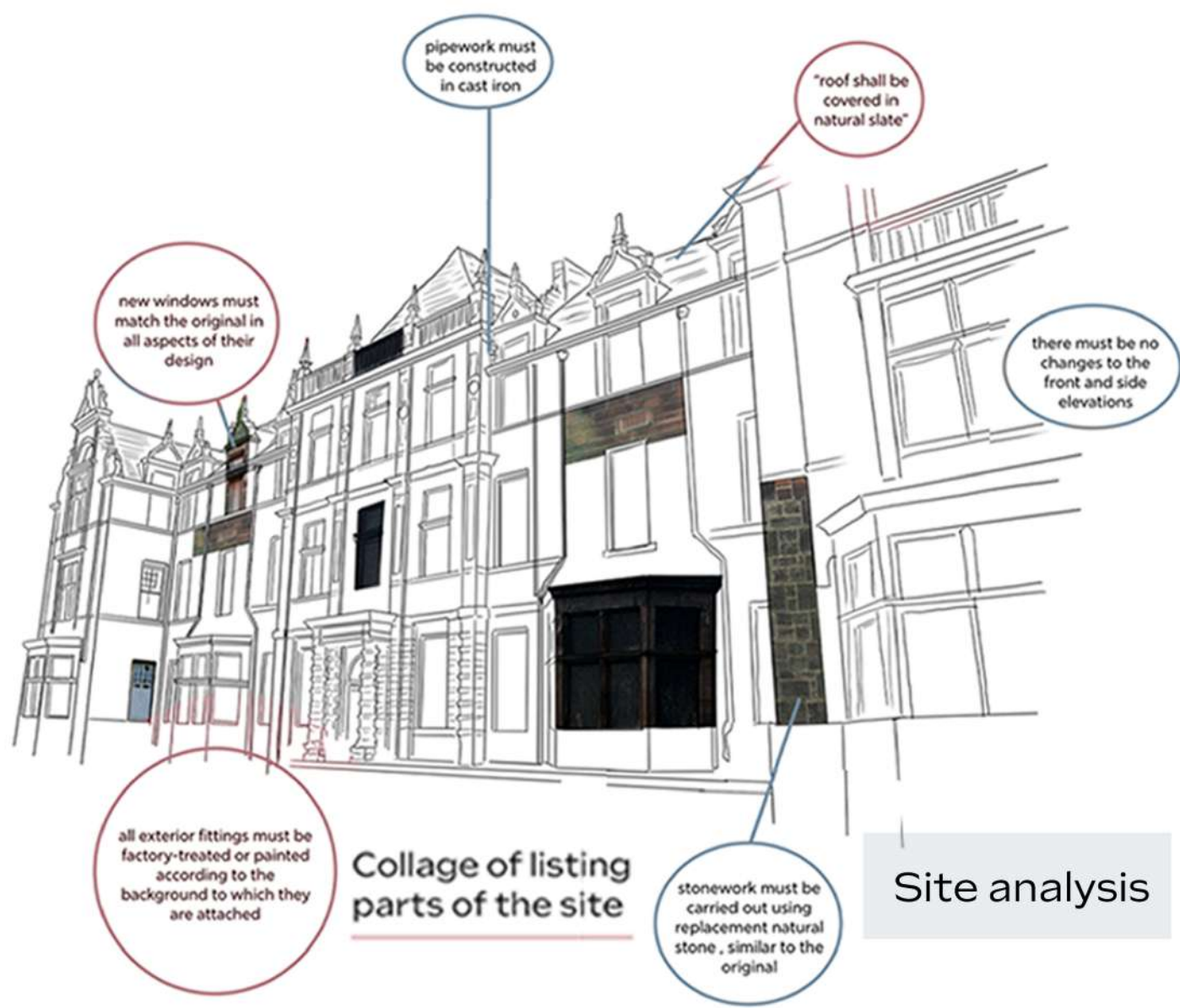
Sufferings:
- difficult for him to accept the cancer diagnosis
- feels guilty about the impact it has on his family and his daily life
- He is unsure of his treatment, shows symptoms of anxiety, and has emotional and psychological distress.



Circulation around 3 key spaces

Program



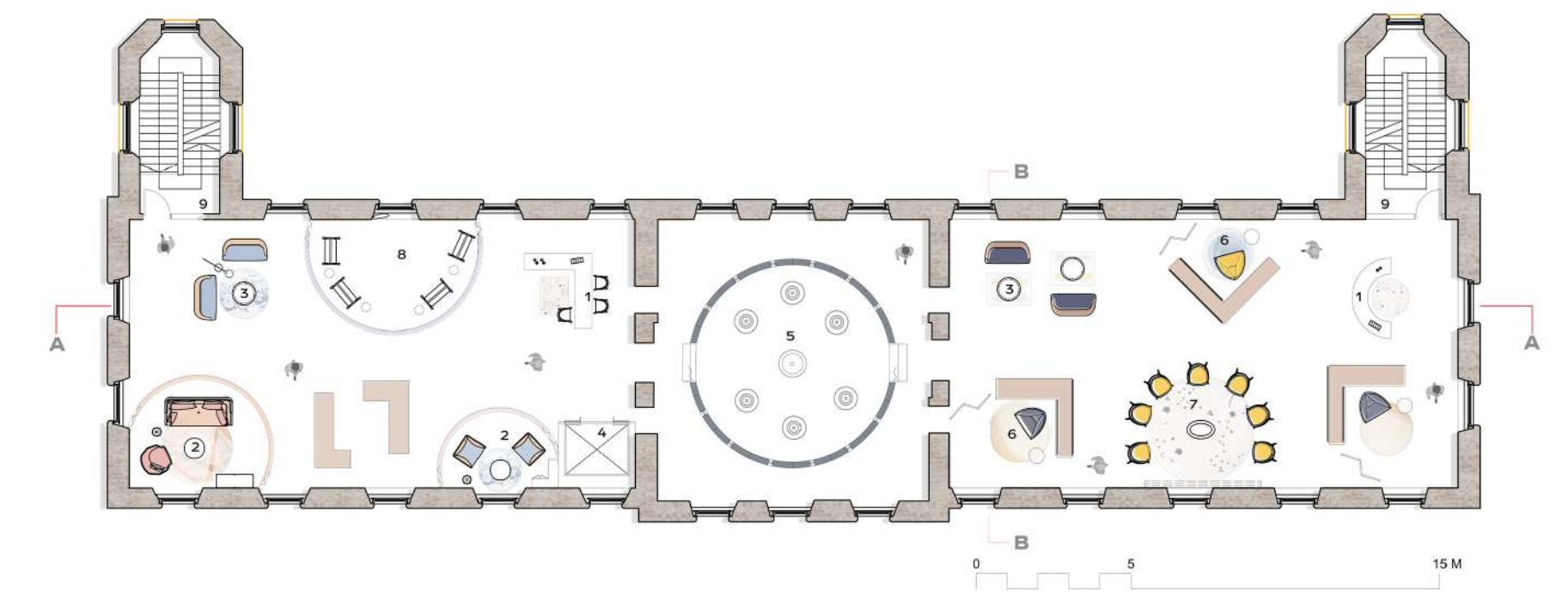


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Beauty room

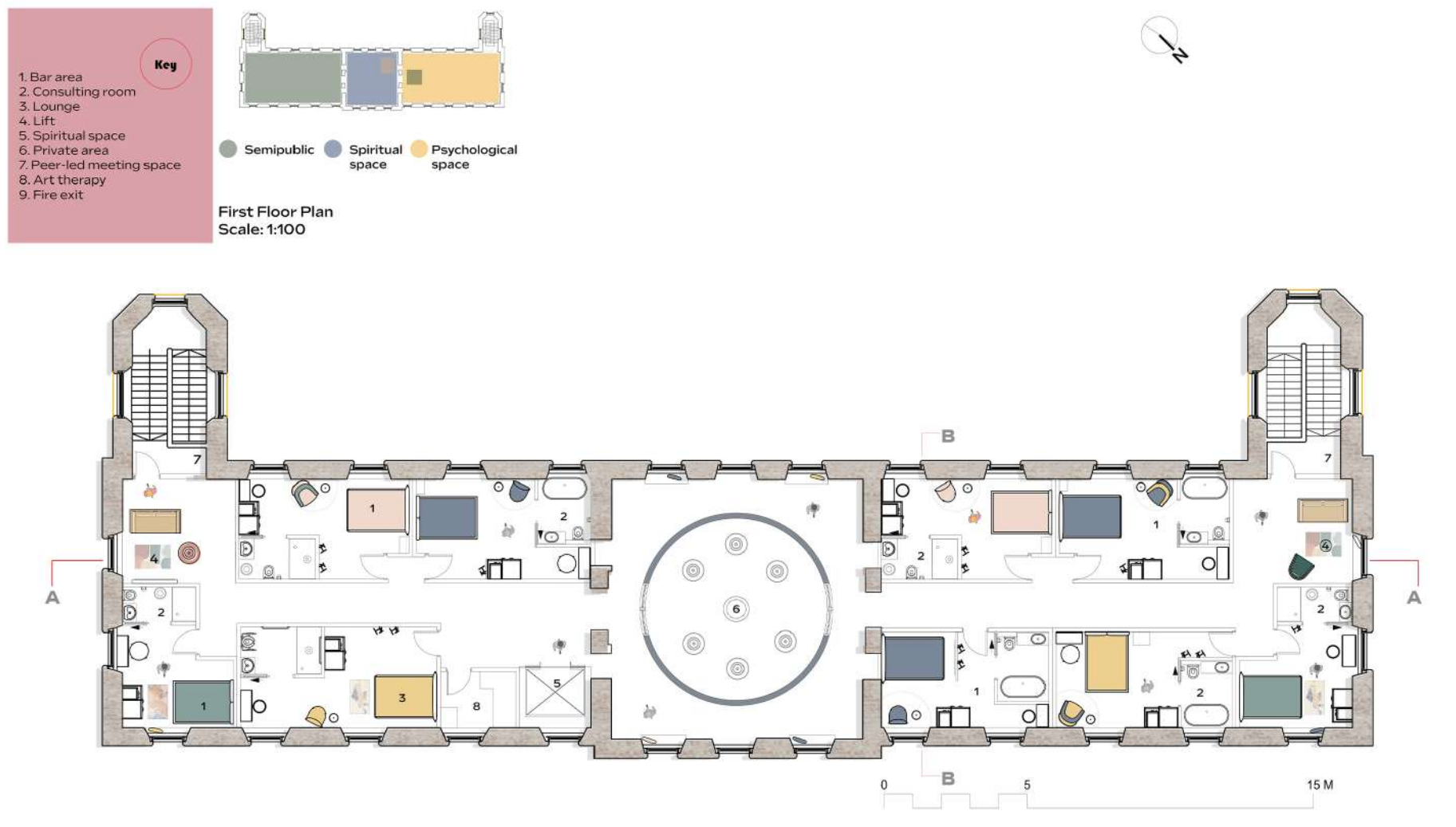
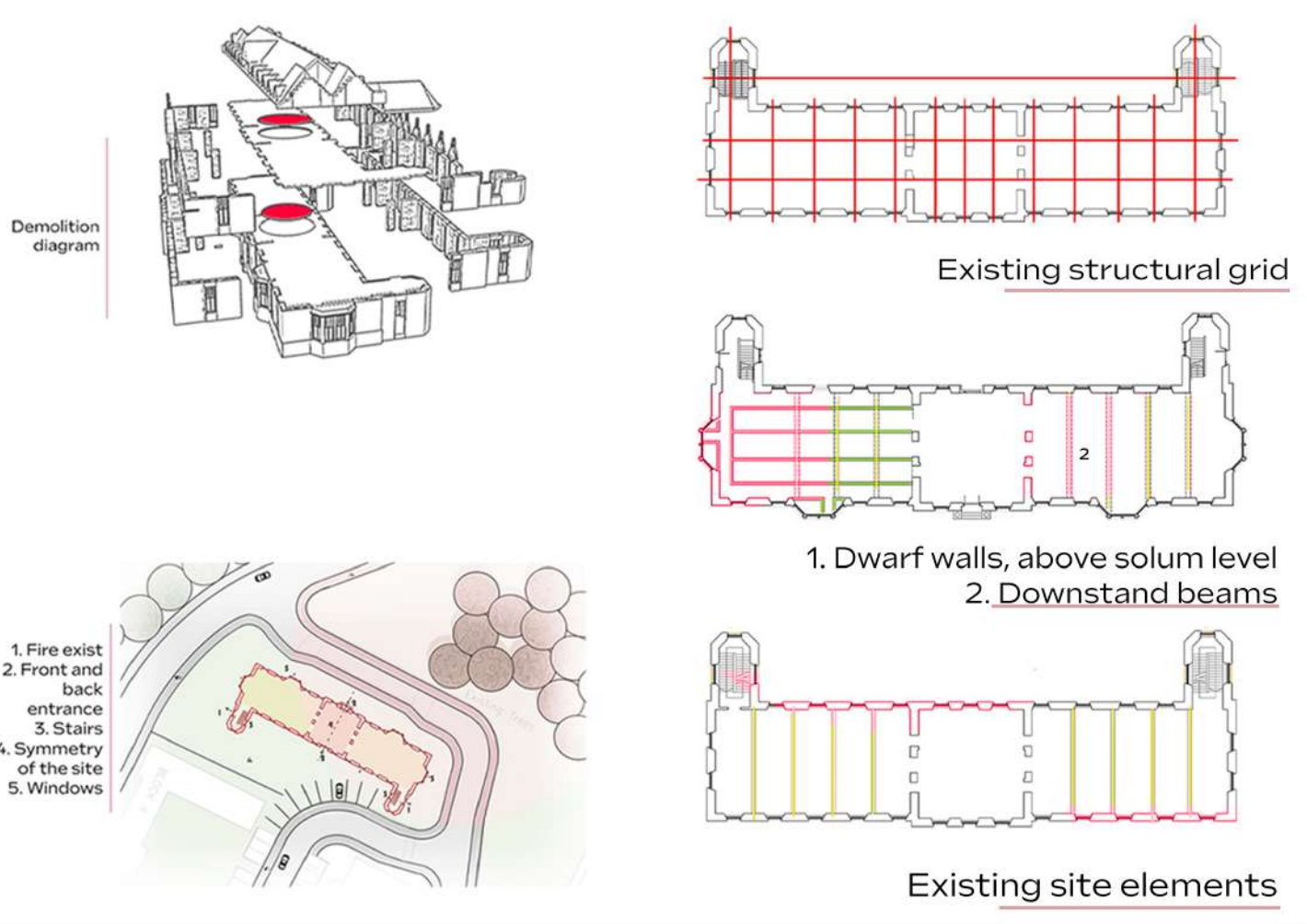
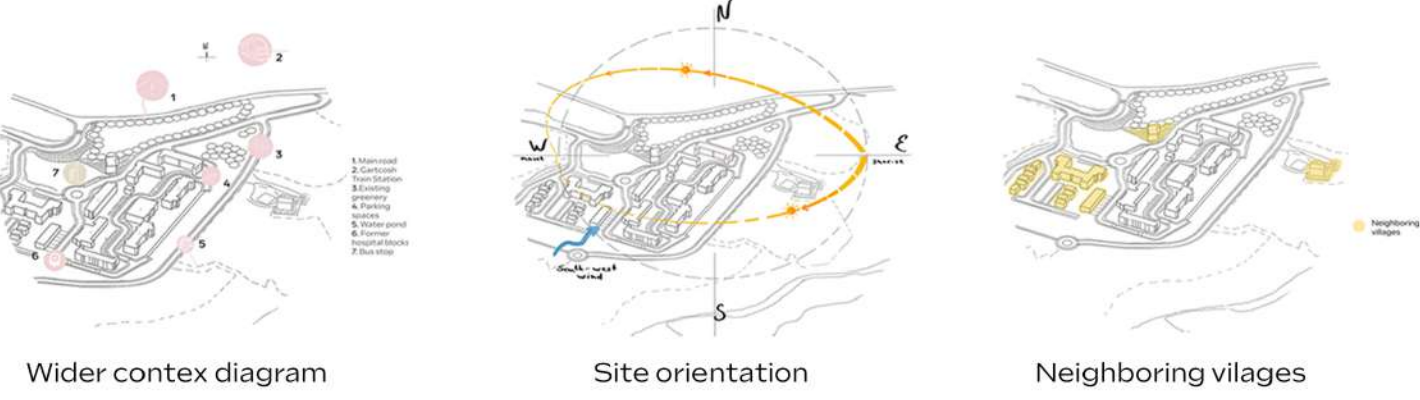
Gartloch Hospital - former psychiatric hospital that has been abandoned since 1996. Gartloch Hospital was closed in 1996 due to the idea of transitioning from "the institutional care towards the idea of care and community"



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Psychological space

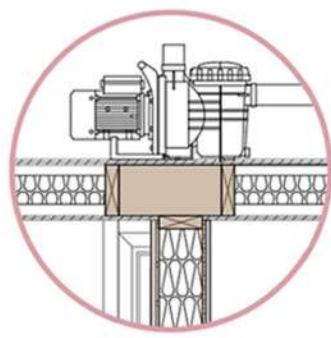


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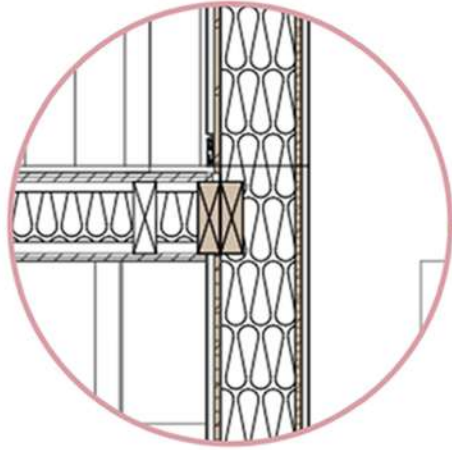


En suite bedroom

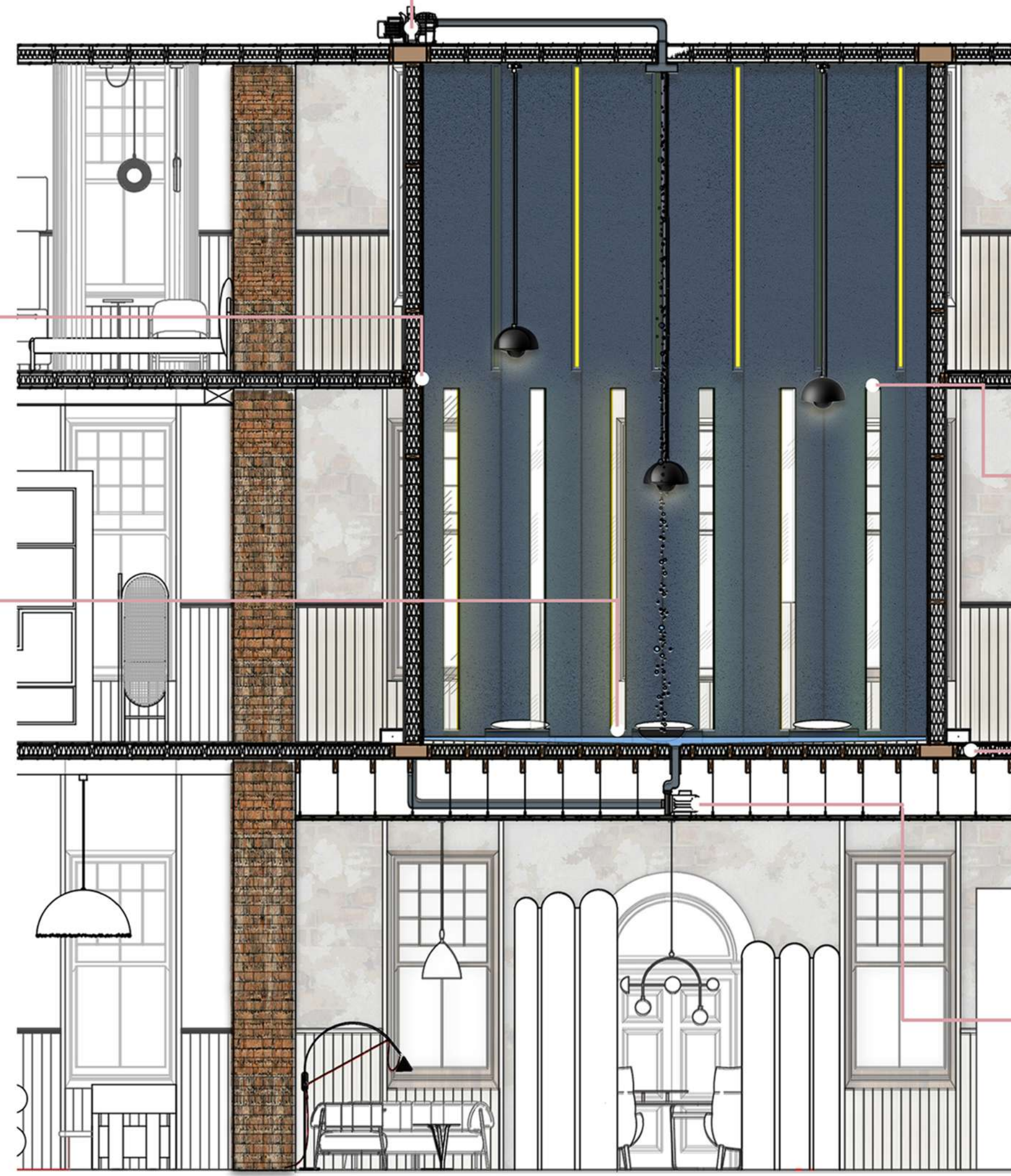
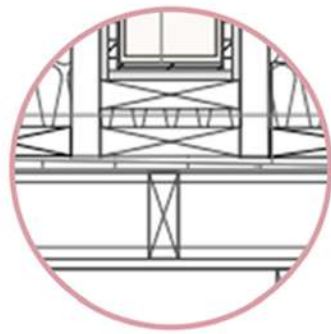
Crompton 0.5HP Aquagold water pump, power rating of 0.37 kilowatts and discharge rate of 350-1500 LP.



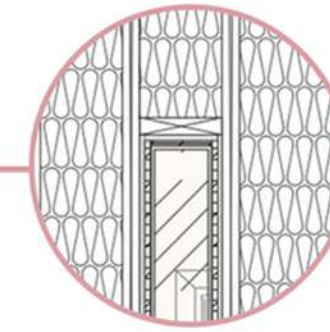
Prolight Metal Line S XL Design SKL/2 with LED strip



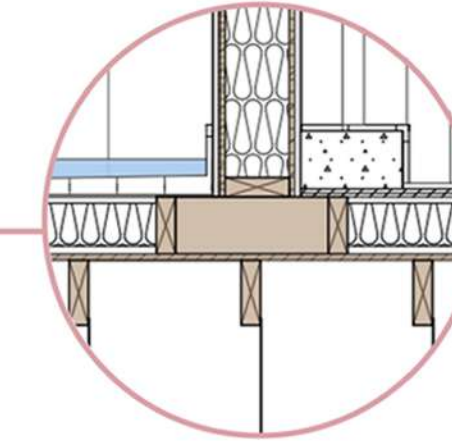
Plywood noggins 45 mm thick Eco-friendly window frames



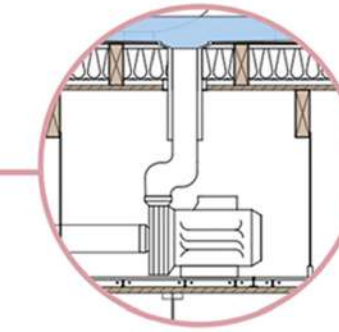
Spiritual space is part of distraction strategies. The main purpose of this space is to help people eliminate obstacles in their minds and find a way to focus on themselves. To look at problems from the side and with an open and clear mind. With this strategy of distraction, users will be able to develop positive thinking, confidence and strength to fight for their own lives.



Mycelium insulation - biodegradable and non-toxic, which provides good insulation, acoustic and fire performance



1. Plywood sheet 12 mm thick
2. Plasterboard 15 mm thick
3. VILNIUS WOLF T1494, BIORA AIR wall paint 1 mm



The floor of the damp room has a slope towards the drain, which is located in the middle of the room. Tiled floor is used for waterproofing the room.

The double-height structure is made of recycled plywood and attached to the existing floor

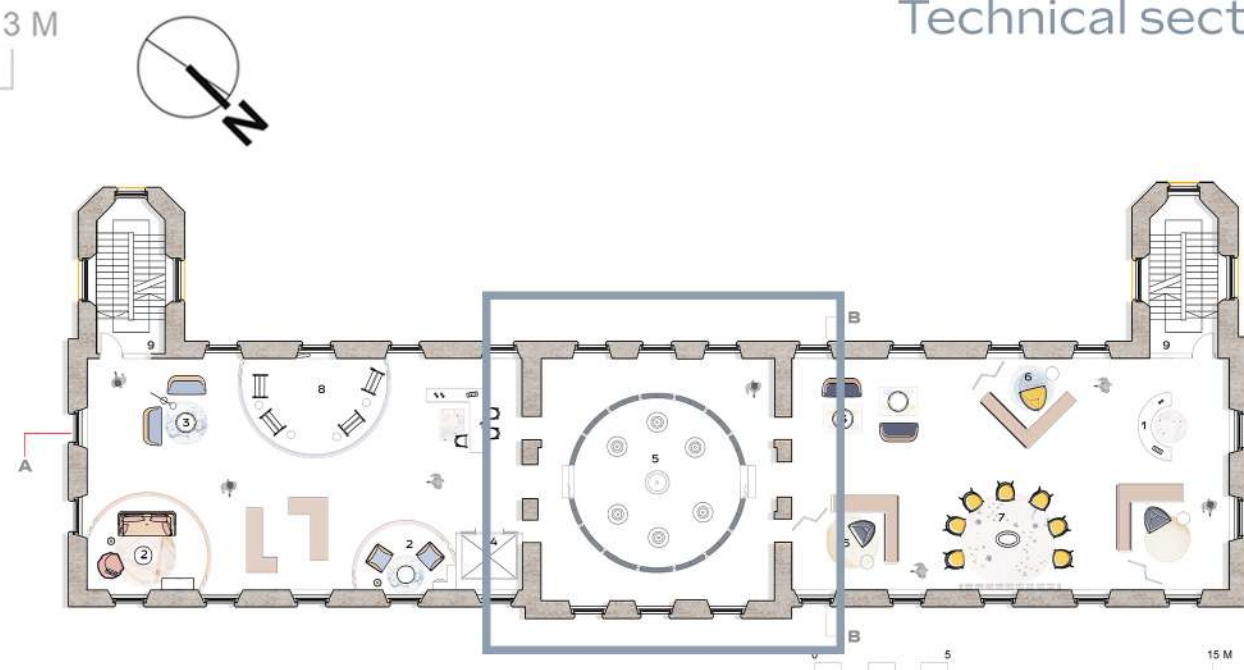
The upper floor has an observation deck and windows that face each other on both sides to add more natural light inside and create a viewpoint from one side of the building to the other.

Blue colour promotes the development of spirituality, as well as soothes physical and mental wellbeing.

The waterfall symbolizes life and vitality, and has a system of water circulation. To reduce water consumption.

0 1 3 M

Technical section



Key

- 1. Bar area
- 2. Consulting room
- 3. Lounge
- 4. Lift
- 5. Spiritual space
- 6. Private area
- 7. Peer-led meeting space
- 8. Art therapy
- 9. Fire exit

● Semipublic ● Spiritual space ● Psychological space

First Floor Plan
Scale: 1:100

- 1. Julius Round Cushions, 45cm, Dark Ochre
- 2. Clayworks BLU-02
- 3. FLOWERPOT W2 By STRADITION Metal pendant lamp

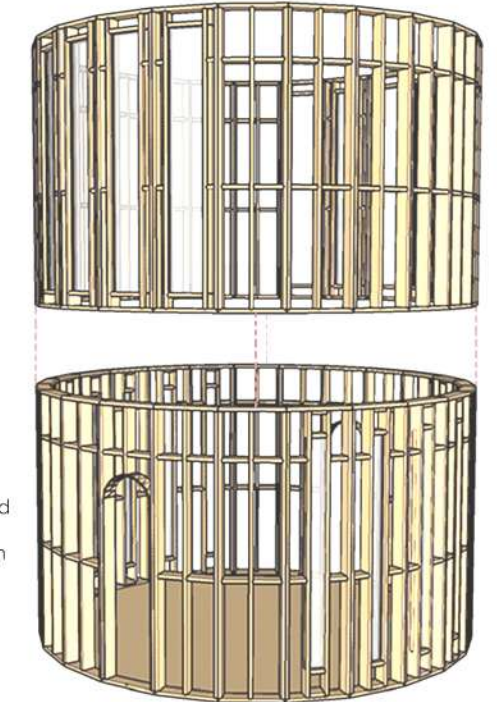
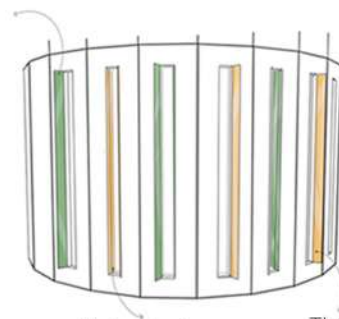


Spiritual space



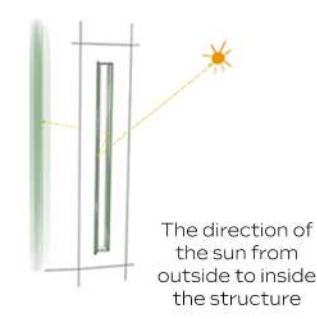
Spiritual space, visual

The green mirror is located outside the structure, at an angle of 100 degrees



Yellow * mirror placed on the inside of the window, opposite the mirror on the inside to reflect the sun

The yellow mirror is located outside the structure, at an angle of 100 degrees



The direction of the sun from outside to inside the structure

Technical section - Spiritual space



1. Psychological space

Designed for users to find answers to their questions, communicate with people who have survived cancer or have already gone through some stages of cancer to share their experiences.

5. meet & talk zone - a part of the psychological space

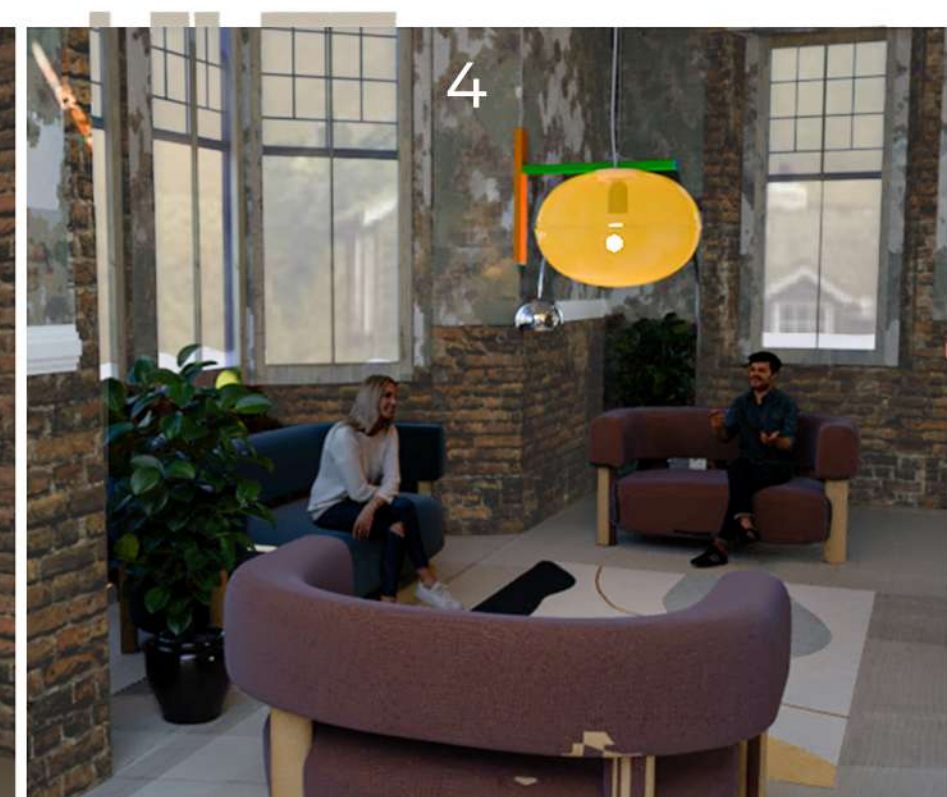
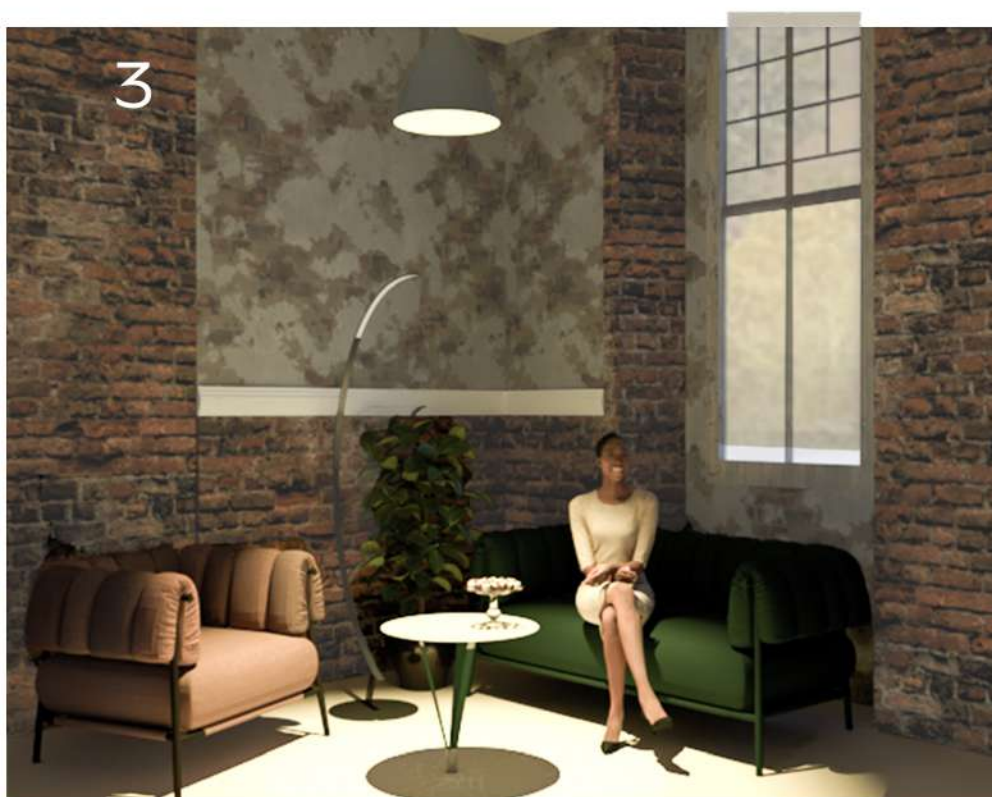
2. Psychological space in the left wing

Designed more for sessions with a therapist and art therapy

3. Waiting area

Located next to the reception desk, which gives access to view the house

1



4. Lounge area

A place where cancer patients can relax and meet everyone, play games or drink hot chocolate by the fireplace in a warm atmosphere