Restorative Environment Design Approach

1. Background
We spend 88% of our life indoors. The importance of how interiors affect to people needs to be addressed and ecological and social awareness of the decision makers needs to be raised.

Restorative interior design is a complex task. The amount and spread of information is vast. The need for interdisciplinary cooperation and exchange of information is evident.

The healthcare environment needs special attention in order to make the patients visit experience safe, understandable and healing, while being weak and with deficient senses.

2. Goal of the project
The goal of the Restorative environment design approach is to raise awareness of the decisions made by a designer, developer or owner of the interior design solutions, and especially that of a healthcare facility. There is need to simplify the guidelines and give examples for successful solutions. Also the multiple benefits of using wood are brought forward.

3. Activities and results
- networking including architects, interior designers, and researchers in the fields of acoustics, light, behavioural sciences, environmental psychology, wood technology, and interior air.
- desk study of the research and researchers within interior design
- new information is created by the research group
- dissemination via publications and communication
- www.facebook.fi/restorative environment design

“At this point, we need a specialized research in architectural synthesis, material interaction, and compatibility, and a holistic approach of technical detailing – a research that unveils the human susceptibility to the built environment”
Alvar Aalto (1939)

Restorative environment design with wood -project

Information
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