

# Architecture for Care, environments that improve the health of patients, staff and nature



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## Biography

Alvaro Valera Sosa was born in Venezuela, but spent some of his childhood living with family in the U.S.A. He attended international schools in Caracas, where he later studied architecture and construction management. After his first job in Caracas, he travelled to visit school friends in Europe and discovered Berlin. His vision to combine health and architecture got him accepted to study at the Charité Medical University of Berlin. Since 2011, he has been an Evidence-based Design Researcher at the Technische Universität Berlin's Architecture for Health department and is also a Research Vocal for the European Network Architecture for Health. Additionally, he is an Organization Manager for a new company, BHL Building Health Lab and associate editor to the Cities & Health Journal.

## Abstract

Among the general population, a great amount of people is hindered to live independently without difficulties. This group requires individual or communal home care to support daily activities such as recreation, learning, cooking & eating, hygiene, sleep, recreation, and routine therapy. The increasing shortage of staff especially in Europe calls for ways of alleviating caregivers from work overload and stress. Architecture for Care goes beyond ensuring safe and comfortable spaces to prevent further disability or injury. It is about enhancing built environments in ways for staff, patients and visitors to engage in a model of care around meaningfulness and purpose. It is about designing natural landscapes that improve local climate and restore biodiversity as a measure to battle chronic diseases effectively on top of ensuring psychological recovery. Lastly, it is a kind of architecture that integrates digital health solutions in its spaces and mechanisms of care delivery. This supportive strategy develops in comprehensive manner the following topics: (i) Multi-generational Care, (ii) Therapeutic Gardening, and (iii) Smart Designs for Quality of Life.



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