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Impact of Designed Exterior-Built Environment in Enhancing the Well-being and Quality of Life of the Elders – A Case of Wellness Sanctuaries in Sri Lanka

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Abstract

Twenty first century resulted with the rapid urbanization and the population of ageing as some major key phenomena related to the elderly living in cities. The concept of the elderly home was raised as a result of the significance of the modern concepts and variations occurred in the lifestyles of the younger population. Therefore, there is a crucial need of identifying the responsiveness of the exterior environments of the wellness sanctuaries in relation to the enhancing process of the well-being and the quality of life of the elders in the present scenario. The research focuses on identifying the effectiveness of the well-designed exterior environments of the elderly homes to the process of maximizing their well-being in the final chapter of their lives. The architectural attributes regarding the exterior façade and the exterior landscape will be taken into consideration when reviewing the deep study on literature to flow up the study. The Approach will be taken from three case studies with observations, structured questionnaire, and semi structured interviews. The study analyzed case studies to identify the neglected attributes in elders' living spaces and suggest improvements. Elders' perspectives highlighted the need for consideration of exterior environments. The study highlighted the relationship between humans and nature and confirmed the importance of architecture in solving these issues. This study will support future decision-making in designing for elders, as Sri Lanka ranks first in South Asian population ageing.

Keywords: *Active ageing, Built environment response, Population ageing, Quality of life, Well-being*