care solution

A MAGAZINE FROM KINNARPS ABOUT HEALTHCARE



BEHIND THE SCENES

Join us on a visit to our test laboratory that guarantees safe furniture.

HELLE WIJK

The professor who wants research findings implemented in interior design sooner rather than later.

A BRIGHT IDEA

Human Centric Lighting – lighting that mimics day and night.

GET INSPIRED!

Experience some of the best healthcare interior design solutions from Kinnarps. Always centred on the individual.

Kinnarps

“This care home re
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employees ...”

PIA LINDSKOG, MIDSOMMARGÅRDEN, PAGE 10

Rooms that make life easier



PHOTO: JESPER GEORGSSON

It is high time to put the right demands on interior design in healthcare environments. Research clearly shows that the physical environment affects people's well-being and quality of life.

At Kinnarps, we know that the focus must first and foremost be on the individual. Only then can we create the sustainable and health-promoting healthcare environments that our society needs. But staff and relatives also play an important role. Since the interior design should last a long time, it's also important to get things right from the start.

With our Next Care® needs analysis, we offer guidance and tools to help you gather valuable knowledge and data before designing your healthcare environments. Together, we make sure that you get the right solution from the start and create the conditions for a value-adding operation that lasts over time.

In this magazine, you'll meet researchers and experts – and also read about hot topics that contribute to health-promoting spaces. But the heart of our organisation is of course the projects you'll experience in the magazine, all the fantastic examples of future-proof healthcare environments with both hard and soft values: functionality, hygiene and ergonomics, as well as aesthetics, safety and dignity. Since Kinnarps was founded in 1942, our design philosophy has been to create more than just furniture. With users, staff and relatives in focus, we want to make a real and positive difference. This to give people the best conditions to feel as good as possible during sensitive phases of their lives.

Happy reading!

JENNY HÖRBERG
DIRECTOR GLOBAL RANGE & DESIGN KINNARPS

care solution IS A MAGAZINE FROM KINNARPS ABOUT HEALTHCARE **EDITOR-IN-CHIEF** Johanna Walden **CONTENT EDITOR** Linda Lybing **CREATIVE DIRECTOR** Elin af Klintberg **ART DIRECTOR** Jessica Ericsson **PRODUCTION** Klintberg Nilehn Media AB **PHOTOGRAPHERS** Joel Dittmer, Jesper Georgsson, Mattias Hamrén, Karl Nordlund, Nils Odier **WRITERS** David Björklund, Fia Fjelde, Salka Hallström, Elin af Klintberg, Johanna Walden **ILLUSTRATIONS** Maja Norrby **COVER PHOTO** Nils Odier **PROOFREADING** Catrin Hellmark **REPRO** Lena Hoxter **POSTAL ADDRESS** Kinnarps AB, SE-521 88 Kinnarp, Sweden **TELEPHONE** +46 515 38 000 **WEB** kinnarps.com

The Kinnarps Group consists of several brands that complement each other:

Kinnarps MATERIA NC skandiform drabert MARTINSTOLL



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focus

THE LATEST NEWS AND TENDENCIES IN KINNARPS' WORLD.





PHOTO: JESPER GEORGSSON



Dahlia – a star among sofas

The healthcare furniture of the future offers a variety of features that may not be immediately apparent. Johan Franzén from Kinnarps tells us about the successful Dahlia concept.

Sustainable, functional yet welcoming. Dahlia is the new generation of healthcare furniture, designed to meet all the demands of the future.

This range of sofas and easy chairs was created for the Djupängen care home in Hammarö municipality, Sweden.

"The client was unable to find a sofa with a homely feel suitable for healthcare environments. Since nothing meeting this description was available on the market, we decided to develop one together with the client and the architect. That's how we work," explains Johan Franzén, assortment manager at Kinnarps and its subsidiary NC.

The development took place over several years in a collaboration between Kinnarps, NC, architectural firm Tengbom and a large working group from the client.

"When working with healthcare environments, it's important to include different stakeholders to get a better understanding of what's needed.

Getting an early start is the key to success, and in this case the work process started three years before the move-in date." In a best-case scenario, the building and interior design are always planned in parallel.

Dahlia evolved into an exceptional family of furniture. The furniture looks inviting and homely, while also offering a variety of important features. A gap between the seat and back prevents dirt from getting trapped and makes it easier to clean, the seat height is just right for elderly bodies. Needless to say, the upholstery is durable and can be removed and washed.

"We've held a strong position in healthcare environments for many years. It's about developing furniture that's inclusive and gives everyone the right to participate in public spaces," says Johan Franzén.

"Our furniture shouldn't look institutional. They should promote independence, dignity and security.

Dahlia also carries the Möbelfakta sustainability label. It's crafted in FSC®-certified birch, in repairable or replaceable sections."



Johan Franzén



Grow plant holder

THE WONDER OF NATURE

Improved healing and recovery from illness and fewer health and social problems are just some of the benefits that nature brings.

We've always known about the healing power of nature. 'Biophilic design' is based on this ancient knowledge, a way of designing that incorporates nature into our indoor spaces.

The term biophilia, "love of nature", was coined in the 1960s and has since gained ground in architecture and interior design. As well as in research.

Back in 1984, the American environmental psychologist Roger Ulrich wrote about how patients recovered faster when they had a lush view, compared with those who had a view of a brick wall. Recent research shows that connecting with nature makes us calmer, healthier, more focused and productive.

"Knowledge about the way nature affects humans is an important element in our product development. Grow is a good example of this. A plant holder in several different finishes which makes it easy to furnish with plants in a healthcare environment," says Kinnarps' Jenny Hörberg, Director Global Range & Design.

5x biophilic design

Use plants as room dividers suspended from the ceiling or as plant walls.

Create a green oasis or atrium for relaxation or creative collaborations by grouping plants at different heights to mimic a natural landscape.

Use plant storage units to divide an open space, mark a zone or create a cosy room-in-room solution.

Place plants where better acoustics are needed. The foliage diffuses the sound waves and reflects them in different directions, which reduces the noise.

Don't forget the meeting rooms! Plants in meeting rooms encourage good acoustics, and also help to make the room more inviting.

"Bringing nature indoors is also about the materials you use in the interior design. Veneer, for example, is a natural and tactile material that feels warm and soft to the touch. We simply like to touch it and feel good doing it."

Christina Wiklund, Colour, Material and Finish Manager, Kinnarps

3x green

Use furniture designed for well-being.



The Maja coffee table in solid birch is available in several different models.



Create a green oases or divide rooms with Allé plant furniture.



The rounded shape of the Julia shelf creates a soft impression and creates the opportunity to decorate in many different ways.



FOLLOW JOHN

The John functional easy chair has been developed to give every individual, regardless of their abilities and needs, dignity, respect, comfort and a sense of freedom. The discreet integrated features ensure an elegant design, while remaining easily accessible. Everything to provide good ergonomics, safety and security. With its many accessories, such as a trolley with footplate, table on castors, adjustable torso support and footstool, John is a future-proof concept that can be adapted to each individual and need.



2 tons

As heavy as a rhinocerous. This is the same weight as the workload of a typical healthcare employee when moving people during one working day. Kinnarps' smart furniture can help to lessen that load.

Source: Swedish Work Environment Authority.



THE ART OF SCREENING OFF

Calling all hospitals, care homes or other types of healthcare environments – here's the perfect partition screen for a sheltered space with improved acoustics! Vibe upholstered in sustainable Joy synthetic leather has been specially adapted for care solutions, as it's easy to wipe clean and can be disinfected without needing to be wiped down with water. The extensive Vibe family includes various sound-absorbing and noise-suppressing partition, wall, ceiling and desk screens that offer endless opportunities for good ergonomics and a consistently harmonious whole. The partition screen on castors makes it possible to quickly transform spaces and create room-in-room solutions to meet current needs.

"Vibe has been created to meet current and future needs in terms of design and functionality," says Jenny Hörberg, Director Global Range & Design Kinnarps.

TACTILE EASY CHAIR

One new arrival is Amulett, an inclusive and embracing easy chair with pleasantly rounded contours, designed to work in spaces with high demands on comfort, hygiene and security. Amulett is a generous yet neat and easy-to-place item of furniture that comes in two versions: fixed and adjustable.

The flexible design of the soft worked armrest joint creates a highly tactile feel. For the best hygiene, Amulett has removable and washable fabric on the seat, and a gap between the seat and back to avoid the accumulation of dirt and bacteria. Behind the design are Studio JOOY, which consists of Ingemar Jönsson and Magnus Nero, whose work is highly influenced by Scandinavian nature.





The Jackie armchair belongs to a furniture family featuring a number of different versions; it's stackable and suitable for hanging off the floor. The practical handle on the back minimises heavy lifting for the staff.

With the support of Kinnarps' Next Care® needs analysis, Varberg Municipality created the care home of the future. At Midsommargården, the residents' senses and memories are stimulated.

TEXT: DAVID BJÖRKLUND PHOTOS: MATTIAS HAMRÉN



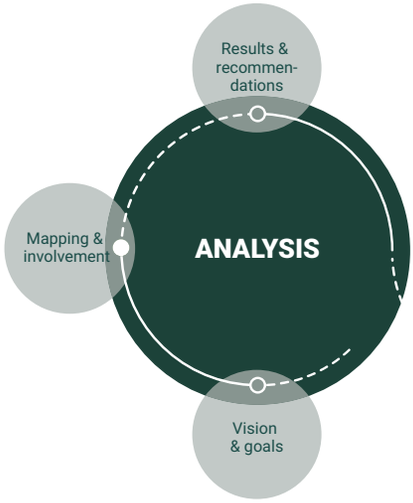
A new standard

Like many other Swedish municipalities, Varberg has an ageing population. At the same time, its existing care homes are growing shabby and outdated. So when it was time to create a modern care home from scratch, Varberg Municipality wanted to do this in a way that could serve as a template for future projects. They simply wanted to set a new standard for the care homes of the future, with a vision for a place where the residents' senses and memories are stimulated. In order to succeed, the aesthetics and function of the interior design were carefully considered from the ground up. With the support of Kinnarps' Next Care® needs analysis, which involves a clear process, Midsommargården has been given a long-term sustainable interior design, with a focus on the residents' quality of life and the staff's working environment. All based on the specific activities and with the individual in focus.

"We appreciated Kinnarps' experience and expertise, and the fact that we were able to see the products at an early stage for more concrete knowledge of how the interior design creates better total ergonomics. Kinnarps understood what we needed and wanted, was able to offer the expertise required to provide a total solution and had the products required to realise our vision." says Marie Sundqvist, project manager at social services in Varberg Municipality.



The Jackie functional easy chair has removable upholstery and is designed with a gap between seat and back to prevent the accumulation of dirt – everything for the best hygiene.



NEXT CARE®

Improvement always starts with understanding. The road to health-promoting and well-functioning healthcare environments starts by identifying and analysing unique needs. Kinnarps' Next Care® needs analysis helps to gather valuable knowledge and data prior to the design of the operation. It forms the basis for well-thought-out spaces and interior design solutions that support the users, staff and relatives.

With specially developed tools, our experienced care environment strategists guide the management team through establishing the vision, goals and framework for the project. Through workshops, lectures and a web survey, they then help to map needs and work patterns and involve all stakeholders in a carefully considered way.
We focus on thinking ahead and inspire you to open up to new ideas about how the physical care environment can be optimised and used to best support your daily activities. Your efforts consist of devoting the necessary time to planning, leading change management and involving your staff. The analysis provides you with facts, a solid knowledge base and a qualitative basis for how your healthcare spaces can be designed to best meet your needs.



The Kurbits chair in solid wood offers an inviting place to sit and rest along the walkway.



"The ambition of Midsommargården's interior design and layout has been to create a sense of community, reassurance and involvement."



An easily accessible garden and a beautiful greenhouse tempt residents to spend time outdoors.

THE AIM OF Midsommargården's interior design and layout has been to create a sense of belonging, reassurance and involvement for the elderly and people with dementia. One notable feature of the project has been the dialogue between different skill sets. Everything from dementia experts and accessibility consultants to architects and property developers. The vision of stimulating memories and senses is now evident in the easily accessible garden, and in the choice of materials and colours.

The process started with a number of meetings with Kinnarps. The initial work mainly consisted of the Municipality's working group, with representatives from both healthcare and construction, acquiring knowledge, obtaining common reference frameworks and creating a stable platform from which to start.

"In this project, the customer was clear that they really wanted to get it right from the start and all the way to the finish line. They understood the importance of investing time and commitment from the start in order to achieve a successful outcome, and our Next Care® needs analysis supported their process," says Johan Franzén, Next Care® concept manager at Kinnarps.

THE FIRST PHASE consisted of identifying challenges and opportunities, as well as a well-defined value base. The work then continued with several workshops aimed at mapping out needs and involving all the stakeholders. There was a focus on





The consistent use of warm earthy colours throughout Midsommargården makes a harmonious and cohesive impression.



Pia Lindskog is one of the two heads of unit at Midsommargården.

overall functionality, rather than individual products.

The next step involved developing specific proposals for interior design solutions based on the analysis, in order to create future-proof interior design informed by our knowledge of the unique and actual needs of the activities.

"Knowledge and quality at all levels will ensure a good, long-term and sustainable investment, in terms of the municipality's finances, the health of residents and staff, and the experience for relatives," says Johan Franzén.

Pia Lindskog is one of the two heads of unit at Midsommargården. She knows from experience that the physical environment makes a huge difference to day-to-day activities.

"This care home really sets a new standard. There's a strong sense of home here, which feels reassuring and pleasant for our residents, while the working environment takes some of the load off our staff, so they have more time and energy to devote to our residents. Everyone working here has been involved in influencing the interior design, which is a major advantage. Kinnarps was really responsive, while adding new perspectives. It's immediately clear how seriously they take this area," she notes.

Pia Lindskog emphasises how important it is to combine aesthetics and functionality in the furniture – and in the interior design generally. To avoid that institutional feel, encourage the independence and confident navigation of the residents, and create a working environment that enhances the enjoyment and well-being of the employees. ✱

FACTS

Customer: Varberg Municipality
Place: Varberg, Sweden
Architect: D Office Architects AB
Number of apartments: 60, divided between 6 units
Area: Approx. 6,700m²
Completed: 2021



Jackie sofa



Jackie functional easy chair

3x products

Green, homely and functional. Here are some of the key items of furniture that created Midsommargården.



Humlan easy chair



It turned out that children in general don't have a problem with waiting. On the contrary, many children found it exciting.





Du & Jag sofa

What's the big deal about waiting?!

How do you make an item of waiting furniture on the children's terms? The Du & Jag sofa contributes to reassuring, fun and meaningful waiting.

TEXT: FIA FJELDE

40

Eva-Johanna and Jenny had more than 40 meetings with children's groups for the 'Worth Waiting For' project. What's the big deal about waiting?!





2x DESIGN STARS

A way to enhance the meeting between child and adult was the starting point for the designers.

When designer Eva-Johanna Isestig was working on a project about waiting rooms for children and young people, she started by investigating how you could make waiting more meaningful. After a number of workshops and many activities with the children, she gained a rather surprising insight.

It turned out that children in general don't have a problem with waiting. On the contrary, many children found it exciting. But above all, they appreciated getting the full attention of the parent who was with them in the waiting room.

Enhancing that heartwarming meeting between parent and child was the starting point for her work. Eva-Johanna also invited furniture designer Jenny Fingal into the process, and together with NC, who made the project possible, they began sketching something that could capture that precious moment; the result was Du & Jag, a split-level sofa.

There's really no right or wrong place for the adult or child to sit – the split-level design is about empowering the child to decide for themselves, since it's easy for them to climb up on the sofa.

But it's helpful when reading stories, for instance, for a parent and a child to be sitting at roughly the same level. There's also the idea that children are welcome to play with the cushions, which are loose and have ears and eyes. The child can even take one along when they go to see the doctor, for extra security.

There's also an item of furniture for the sofa called Filuren – tell us about that!

"Filuren serves a dual purpose as a storage unit and an opportunity for interaction. After all, waiting for a long time can be a bit boring and Filuren creates an opportunity for fun play."

Filuren



DID YOU KNOW THAT... more than 200 children aged between 4 and 19 years were involved in the various creative activities that resulted in the Du & Jag sofa?

The importance of colour

What should you consider when choosing colours and materials for care environments? And how do different shades actually affect us? We guide you to the best choices.

TEXT: SALKA HALLSTRÖM AND JOHANNA WALDEN

"By consciously decorating with colour and contrasts, you can facilitate navigation and security."



PHOTO: JESPER GEORGSSON

THE EXPERT:

"CHOOSE COLOUR ACCORDING TO WHICH ACTIVITY THE SPACE WILL BE SUPPORTING"

Christina Wiklund's position as Colour, Material and Finish Manager at Kinnarps involves not only being at the cutting edge on the materials front, but also an in-depth understanding of the importance of colours.

Christina Wiklund has fabric in her genes. Her affinity for textiles has been inherited via the maternal line since her great-grandmother was a seamstress at Swedish department store NK. As CMF Manager at Kinnarps, she's responsible for all materials in the collections, in collaboration with product developers and materials experts. She's also in charge of Kinnarps Colour Studio, which is Kinnarps' range of materials with a focus on sustainability, quality and harmony. Her job involves not only being at the cutting edge on the materials front but also an in-depth understanding of the importance of colours.

"When you work with textiles and other materials, colour automatically follows," she says.

What's the most important consideration when it comes to colour in healthcare and environments?

"The colours surrounding us in our everyday lives don't just have an aesthetic significance. They influence our experiences and behaviours, and can help us navigate the physical environment. For example, an item of furniture in a contrasting colour to the floor and walls is easier to see and thus to find. Similarly, you should avoid white tableware against a white tabletop. If you want to discourage the use of a door, you can paint it in the same colour as the wall, but if you want it to be used, you should paint it in a contrasting colour to the wall."

By working consciously with colours and materials, you lay a foundation for well-being and security.

"When selecting colour for care environments, it's about choosing colour according to which activity the space will be supporting, rather than personal taste or current trends. It's important to everyone at Kinnarps that we create sustainable and functional spaces, and we place great emphasis on guiding our clients to ensure they get the right material and the right colour in the right place." ✱

5x tips

when choosing colour

1

Consider the purpose of the space when choosing colour, not personal taste or popular trends.

2

Tone-on-tone earthy colours give a consistent and harmonious impression, and also make it easy to rearrange groups of furniture as necessary.

3

Use colour to delineate different types of zones and to make navigation easier.

4

Think about the ability of contrasts to enhance a function or desired behaviour.

5

Avoid combining several different bold colours or patterns on large surfaces. They can cause negative distractions.

COLOUR AND MATERIAL CHOICES

There are some do's and don'ts when it comes to the choice of colour and material in healthcare environments. Did you know, for example, that you should avoid pastel colours and dark rugs against light floors?



Work deliberately with contrasts in the colour scheme to facilitate navigation in spaces and between items of furniture. An attractively coloured item of furniture that stands out against the background is easier to see and thus gets used more. In contrast, painting a door in the same colour as the wall helps to conceal it and signals it should not be used.

PHOTO: MATTIAS HAMRÉN

DID YOU KNOW THAT... human colour perception is located in the limbic system, the part of our brain that manages emotional responses and subconscious thoughts? This in itself suggests a strong link between our perception of colour and our ability to process emotions, learn new things and increase our motivation.

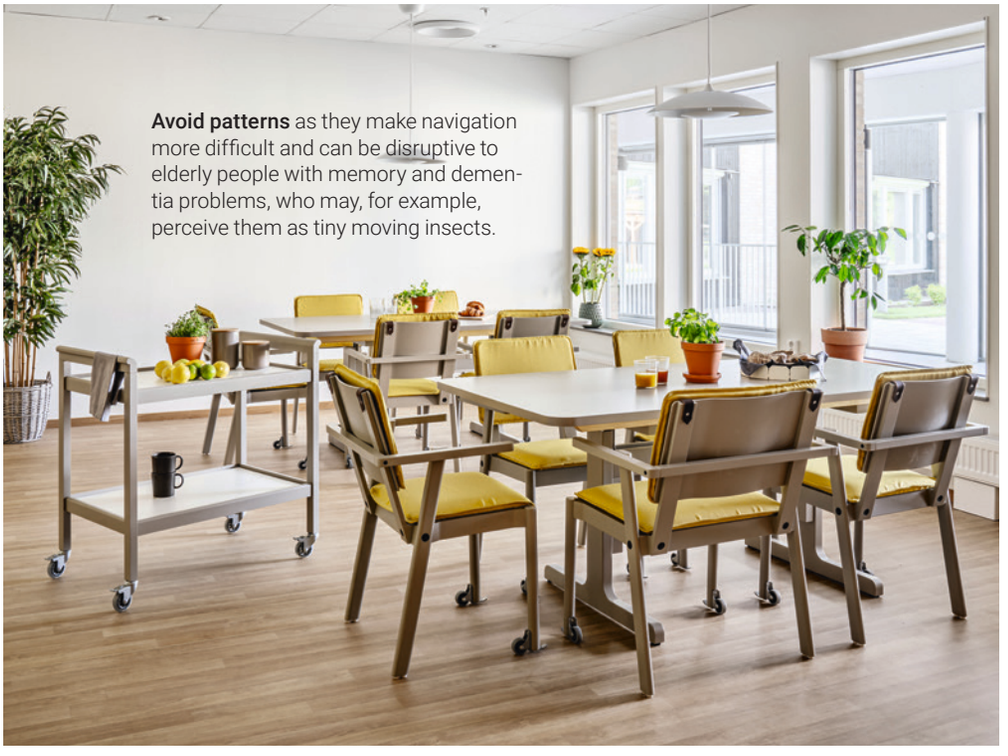


Avoid rugs in dark colours against a light floor, since they may be perceived as deep holes by people with memory and dementia problems.



Morris is a fabric from Kinnarps Colour Studio with a soft, tactile and inviting structure.

Choose tactile fabrics with structure, they feel warm and soothing when you touch them.



Avoid patterns as they make navigation more difficult and can be disruptive to elderly people with memory and dementia problems, who may, for example, perceive them as tiny moving insects.



Avoid pastel colours in care homes, as older eyes are unable to perceive colours with the same intensity as younger eyes. In other words, a warm, deep red is a better choice than pink.

KINNARPS COLOUR STUDIO

Kinnarps Colour Studio (KCS) is our collection of materials with a focus on sustainability, quality and harmony. It offers attractive materials that have been carefully tried and tested for suitability and sustainability in different types of spaces. Our goal is to offer a range that makes it easy to find the look and functionality you want. Wood, metal, plastic, and textiles, colours and patterns that are easy to mix and match with each other and the rest of the interior design.

DID YOU KNOW THAT...

colour is one of many ergonomic factors that need to interact in a space for it to have a health-promoting effect? Together with a well-thought-out layout, furniture, acoustics, light and air, it creates a positive overall experience.



The open space has been divided into several inviting oases. The Point sofa creates a room-in-room solution.



Room for everyone

Hultahuset is the new living room for local people in Borås, Sweden. A public meeting space with interior design courtesy of Kinnarps. One of the challenges was to make the premises feel inviting for everyone, children and senior citizens alike.

TEXT: DAVID BJÖRKLUND
PHOTOS: MATTIAS HAMRÉN





The Neo Lite chair with its stylish design is part of a family with several different variants. Shown here paired with the Asto table.



A bonus living room where people meet across generations, with open activities for all ages – young and old. This is the vision for Hultahuset at Hulta Torg in Borås, Sweden, the third meeting space that Kinnarps has furnished for the city.

It's a place anyone can come to do homework, dance, play, access important community information or just sit and chat with friends. So the rooms needed to be attractive to both young people and seniors, which was one of many challenges that Kinnarps in Borås faced when it came to furnishing the building.

Hultahuset was designed by respected architectural firm Tengbom and was inaugurated in September 2022. When we talk to Åsa Gunnesson Bergstrand, unit manager for Hultahuset, and development manager Nezanet Ghebrezghi, the activity centre has been up and running for several months.

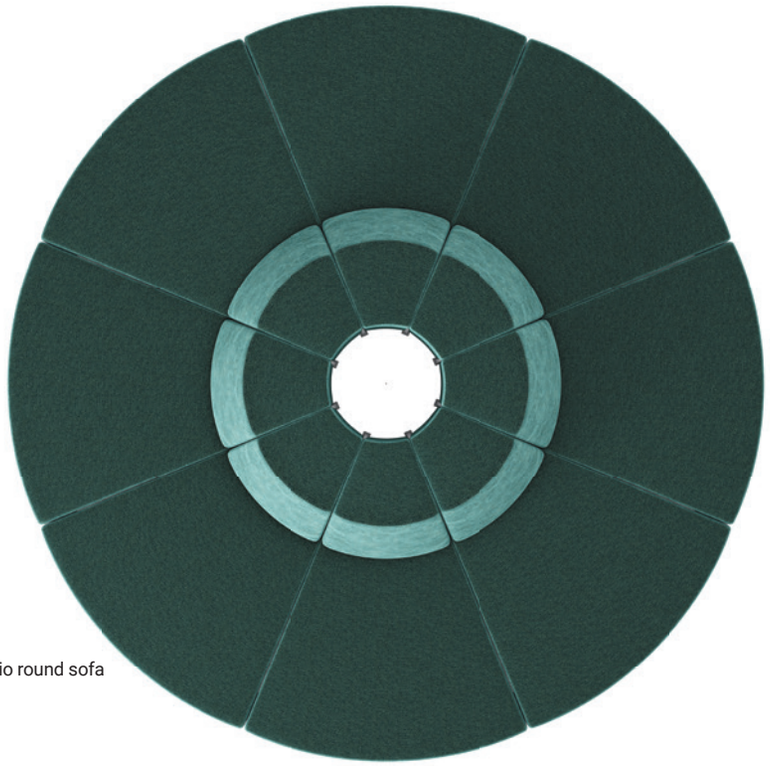
"We've received a total solution with everything from furniture to curtains and plants, all adapted to the requirements of our activities. It's important that the look and functionality of the interior design suits all ages. Good aesthetics are good aesthetics, no matter how old you are."



The well-thought-out colour scheme, together with lighting and plants, creates an appealing and ergonomic whole. The suspended lighting enhances the feeling that the room is divided into different oases.

3x products

Well designed furniture for sustainable interior design solutions.



Pio round sofa



Trix easy chair



Neo bar stool

FACTS

Customer: City of Borås
Place: Borås, Sweden
Architect: Tengbom
Operations: A public meeting space for social activities and public services. One of five similar meeting spaces in Borås.
Number of staff: Approx. 20
Area: Approx. 1,000m²
Completed: 2022

"With Kinnarps, we know that we get high quality and long-lasting furniture."

Nevertheless, there are also a few age-adapted solutions. These include slightly wider easy chairs with sturdy armrests and sofas that are soft yet easy to get up from. There are also high tables with bar stools and desks with chairs suitable for homework.

THE STEADY STREAM of people and activities also makes tough demands on the interior design. Flexibility and a long-term perspective were two important watchwords. Kinnarps' solution was to create furniture combinations for different activities and needs. Stackable chairs and foldable tables with castors make it possible to quickly transform the room from a lecture hall, for example, into a wonderfully spacious dance floor.

As the premises are to be used as often as possible, materials and colours have been carefully selected to be extra durable – and all upholstery is machine washable.

"We must have durable furniture capable of withstanding heavy use. With Kinnarps, we know that we get high quality and long-lasting furniture."

WELL-THOUGHT-OUT colour schemes, versatile lighting and interior design promoting good acoustics help to create a harmonious whole. There's plenty of room for both large and small groups, and for people who want or need to be alone.

"We want these spaces to feel warm and welcoming, while we also need to take into account different functional requirements," says Nezanet Ghebrezghi.

"We can clearly see that the care and consideration radiating from the interior design has an instant effect on our visitors." ✱

Bright idea

All research shows that light affects our well-being. Henrik Clausen, head of research at Fagerhult, who recently completed the lighting at Skaraborg Hospital, tells us about the light that mimics our day-night rhythm.

TEXT: ELIN AF KLINTBERG PHOTO: JOEL DITTMER

Light has a huge effect on human beings. But did you know that our day-night rhythm can be enhanced with Human Centric Lighting – lighting that adapts according to the sun's path, intensity and light colour? We spoke to Henrik Clausen, head of research at Fagerhult, who recently completed the lighting for Skaraborg Hospital.

What is Human Centric Lighting?

"Lighting solutions with a focus on humans – broadly speaking, electric lighting that mimics the sun's journey and recreates our day-night rhythm."

Why is light so important to us humans?

"All research shows that light affects our well-being, from mood to sleep, productivity and visual perception. It's light that controls our natural day-night rhythm. When light levels or day-night rhythms are disrupted, for example if you work nights or spend time in hospitals, your built-in circadian rhythm fails to adapt to the change and your body will be affected by, for example, sleep disorders or stress disorders. We want to change this with our evidence-based solutions."

Where is Human Centric Lighting currently used?

"Mainly in areas such as healthcare, where there have been very positive results, especially within medical and elderly care."

How have you worked with lighting at Skaraborg Hospital?

"In the morning, we use a white, crisp, high-density light that tells you the day has begun. During the day, we use a warm white functional light that has an invigorating effect, and in the evening a warm light, evoking candlelight or lamplight. At night, we use an orange light to ensure the best possible sleep. People working in the hospital at night have a break room with white, crispy morning light, where they can spend half an hour to increase alertness and concentration.

With the right lighting, you can increase activity levels during the day, while hastening the recovery of patients, improving their sleep and reducing the amount of medication they take." ✱


Henrik Clausen







Human Centric Lighting is lighting that is customised according to the sun's path, intensity and light colour.

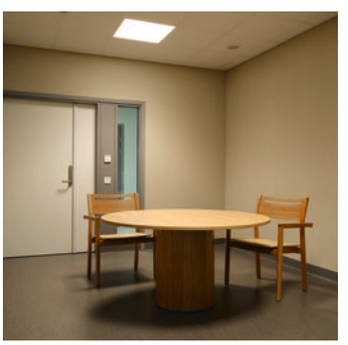


DID YOU KNOW THAT…

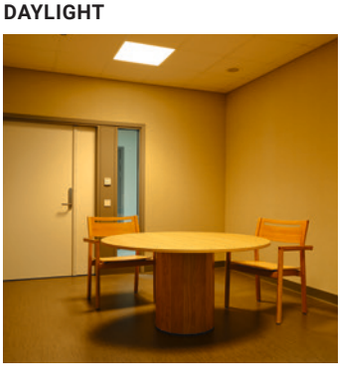
… how much light enters the eye has a direct effect on how we feel? When it gets dark, our bodies produce the sleep hormone melatonin. When the brightness reaches around 300 lux, the production of cortisol increases, which reduces the production of sleep hormone – we become more alert.

… that without us noticing, the light changes colour temperature throughout of the day? While everyone reacts equally to brightness, we also tend to react differently to colour temperatures. However, it's been verified that white light with more than 4,500 kelvin and high blue content has an invigorating effect. This is believed to be down to the fact that we've lived with a bright blue sky above our heads for seven million years, and the human brain has learned to interpret this as daytime.

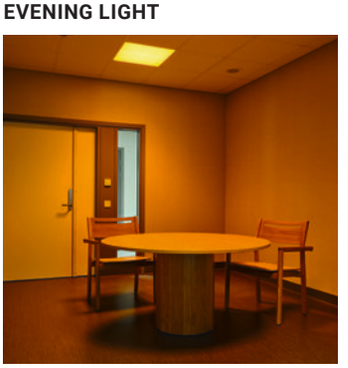
MORNING LIGHT



DAYLIGHT



EVENING LIGHT



When research meets care



Freedom of choice and stimulation, the right lighting and colour. Researchers know what's required of a physical care environment to ensure the well-being of the elderly. Researcher Helle Wijk explains the most important findings – and why they seldom become reality.

TEXT: SALKA HALLSTRÖM PHOTOS: KARL NORDLUND



"Elderly people are individuals with different needs, just like you and me."

We are growing older. And the need for care environments for the elderly is unlikely to diminish. But how should they be designed to give us the good quality of life we deserve in our twilight years? Helle Wijk, professor of nursing at the University of Gothenburg and visiting professor of healthcare architecture at Chalmers University has been researching this subject for many years. Over the past 25 years, a lot has happened in research, she says.

"The healthcare and architecture sciences are currently conducting research together, both nationally and internationally. That says a lot about how far we've come. Furthermore, providers of finance are investing more in this kind of research, and municipalities have become more aware of the need for research on the spaces they provide."

A person-centred and homely care environment creates the best conditions for well-being, according to Helle Wijk. In her 2001 thesis, she showed how colour can be used to improve care environments for the elderly.

"As we grow older, our sight and ability to perceive contrasts deteriorate. Colour codes and contrasts can be used to trigger recognition, encourage use and define the space." Lighting is another factor. The correct lighting can make it easier for the elderly to see the food on their plate or read the newspaper.

Elderly people may also find it difficult to walk far and find their way, especially at night. That's why care homes need to be kept small in size, without overly long distances.

"The distance between the bedroom and the bathroom is an important point, as this is where many falls occur. In a good physical care environment, you shouldn't need to wander around on unsteady legs in the dark, searching for the bathroom."

A well-designed care environment for the elderly also means freedom of choice for the users, Helle Wijk emphasises. This could involve room for your own furniture, as well as opportunities for both privacy and social interaction.

"Elderly people are individuals with different needs, just like you and me.

Sometimes you may feel like eating with others, but other times you don't. Individual easy chairs can be placed for those who want to read in peace and quiet, for example, and sofa groups for those who feel like socialising."

So how well-designed are our care homes?

"It's very varied. Many were built in the 1970s and 80s, like small hospitals with long corridors and rooms. There are also fantastic examples built later on, where people have invested in care homes with a homely feel in both the interior and exterior spaces."

What can we say about the current state of outdoor spaces for the elderly?

"All too often, care homes have no outdoor space at all, and if they do have one, they're difficult to access or offer no shelter from the sun and wind. Everyone should have access to good outdoor spaces, regardless of age."

What can we do better for the future?

"It would be a good start to listen more to the views of the elderly. Participatory design – actively involving users and stakeholders in the design process – has been applied for a long time in research. It also needs to be utilised in municipal healthcare and nursing. Generally speaking, the implementation of research findings takes far too long."

Why do you think that's the case?

"There's been too little dialogue between academia, healthcare and nursing. Now we need to make sure that all the research we have also gets put into practice – through collaboration with society, the business community, politicians and the media." ✱

6x tips for better care homes

1

FREEDOM OF CHOICE AND STIMULATION
Variation in design is just as important in the outdoor space as the indoor space.

2

USE COLOUR CONTRASTS AND CODES
They make navigation easier and prevent accidents.

3

ADJUST THE LIGHTING
Important for both safety and quality of life.

4

FURNITURE AT THE RIGHT HEIGHT
It should be easy to sit down and stand up.

5

LET THE ELDERLY HAVE A SAY IN THE DESIGN
The users' own views should be a key starting point.

6

ADAPT THE OUTDOOR SPACE
It should be easily accessible and safe, varied, and offer shelter from the sun and wind.



Space for breaks. The Invito easy chair was updated in an inviting colour that contrasts nicely with the walls.

Healing house

How do you build a reassuring space for people experiencing a crisis? Psychiatry's quarters at Södra Älvsborg Hospital in Borås, Sweden is a prime example of modern healthcare architecture – and the art of reusing old furniture.

TEXT: DAVID BJÖRKLUND PHOTOS: MATTIAS HAMRÉN



The Jig chair was upholstered in a harmonious shade of green.

Sustainability, reuse and the individual in focus. Psychiatry's quarters in Borås, Sweden is the city's largest investment so far in modern architecture for psychiatric care. Circularity has been another initiative here, with a large proportion of recycled furniture in the rooms.

"Interior design is a key aspect of healthcare. We're pleasantly surprised by how good recycled furniture can be in a well-thought-out and well-planned solution," says project manager Pernilla Jansson from Södra Älvsborg Hospital.

The building at Södra Älvsborg Hospital was completed in 2022. Designed by award-winning architect firm White Architects, the new star-shaped building and a renovated older building are linked together by a main entrance. The purpose was to bring all psychiatric care in the catchment area together in one place and create more fit-for-purpose spaces for patients and staff.



Sofas and easy chairs from the Humlan range kept their birch legs, but were reupholstered with new synthetic leather.

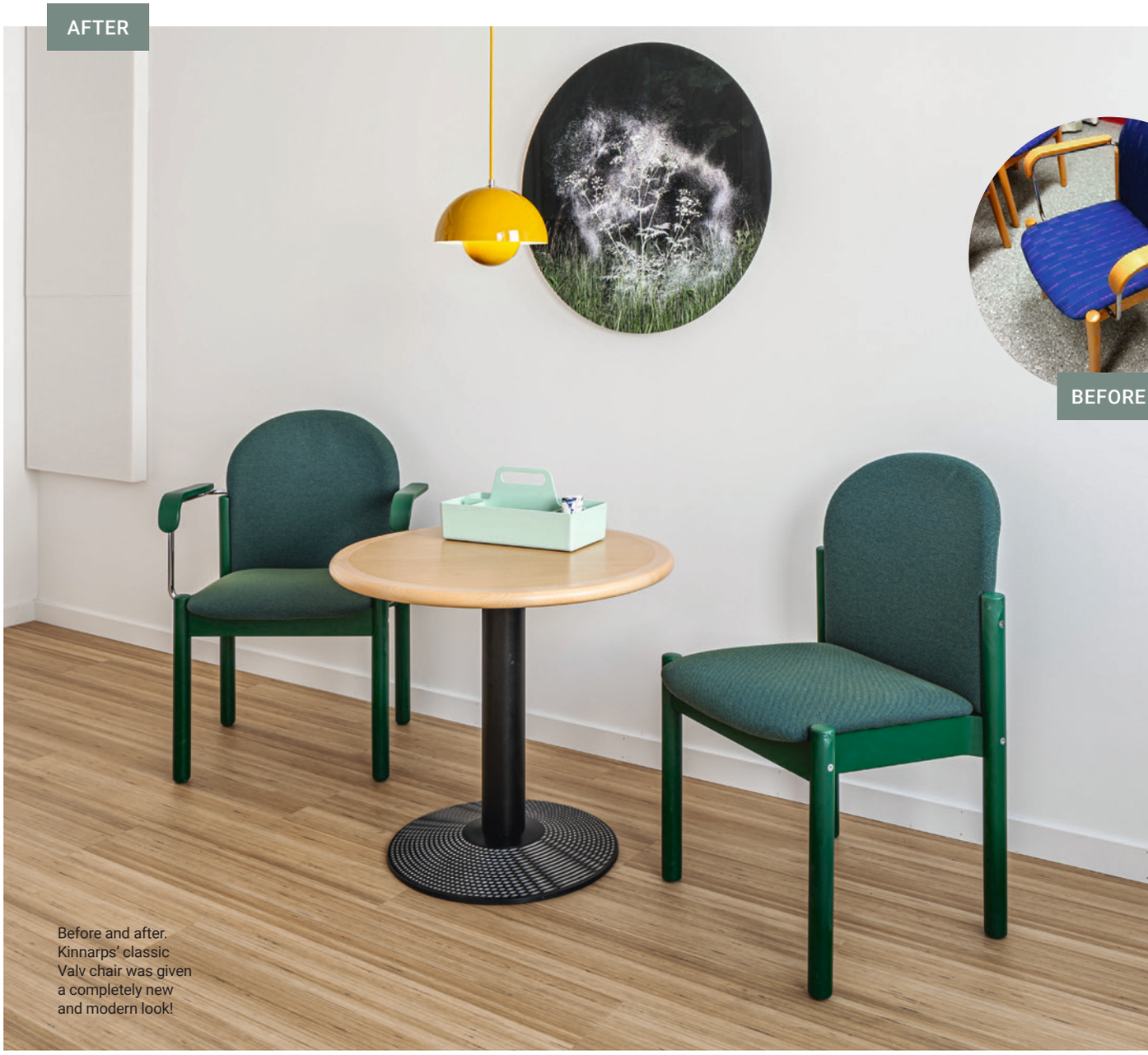
"Interior design is a key aspect of healthcare. We're pleasantly surprised by how good recycled furniture can be."

"We don't want our premises to feel like a closed institutional facility – we want it to feel welcoming and supportive of the patient's independence, freedom and self-reliance, while also feeling peaceful, safe and secure for everyone moving around the building," says Pernilla Jansson.

IT'S IN THE older building that much of the furniture has been reused. At the beginning of the project, an inventory was made to investigate which furniture suited White Architects' interior design concept and was suitable to update. About 900 objects were identified, of which around 600 have been refurbished, renewed and adapted by Kinnarps.

"The demand for sustainable solutions. including reuse, is growing, and we have good systems that can handle extensive and complex projects. It's a win-win trend for everyone, especially our planet," says Peter Göransson at Kinnarps Borås.

But just because something's reusable doesn't automatically mean it's sustainable. First, a professional assessment must be carried out to ensure that less suitable products are rejected. It's also important for the circular flow that the furniture is of high quality and sustainably manufactured right from the start. The fact that a large proportion of the furniture that was reused had originally been made in Sweden by



Before and after. Kinnarps' classic Valv chair was given a completely new and modern look!

Kinnarps simplified the process and helped to maintain the circular flow in the project.

At Kinnarps' factory in Skillingaryd, Sweden, seats and backrests were given new, sustainability-certified upholstery in fabric or synthetic leather. The furniture was then transported back to Borås in the way that's unique to Kinnarps – wrapped in reusable blankets, in Kinnarps' own trucks running on fossil-free fuel.

"At first we heard there wasn't much furniture to reuse. But when we went to see for ourselves, we discovered a lot of potential. That's often the case. It's almost always possible to reuse more than many people think, without compromising on functionality or appearance," says Susanna von Eyben, interior architect at White Architects.

PERNILLA JANSSON IS convinced that reuse will become increasingly common in Region Västra Götaland and at Södra Älvsborg Hospital.

"The sustainability arguments are compelling. The environmental and economic aspects are obvious, but there are social aspects too. Everyone working here can take pride in our efficient use of resources, and since we're a taxpayer-funded operation, reuse also creates legitimacy for us in the local community." ✱

FACTS

Client: Västfast and Södra Älvsborg Hospital's psychiatric unit
Architect: White Architects
Activities in the renovated building: psychiatric outpatient care
Activities in the new building: inpatient wards, emergency department for adult psychiatry, children and young people's psychiatry and a rehabilitation unit
Place: Borås, Sweden
Floors: 6
Completed: 2022

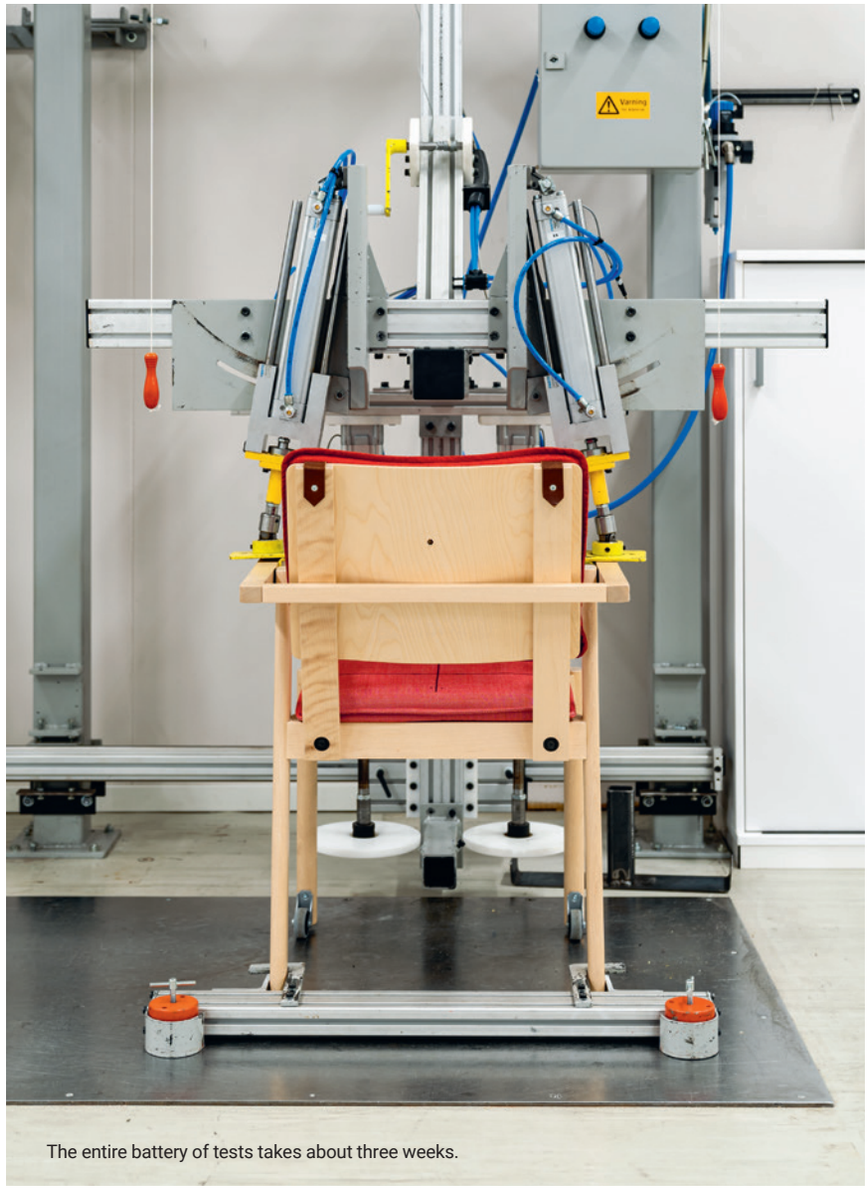


Here we can see the Jackie chair undergoing one of many quality tests in Kinnarps' test laboratory. Jackie carries the Möbelfakta label – a guarantee that the product maintains the highest quality, does not release any harmful substances and is produced under fair working conditions.

The test lab

We tend to take it for granted that a chair won't tip over or break apart. But the journey to safe furniture is long, and involves very careful testing and diligent documentation. We were given the chance to take a look behind the scenes at Kinnarps' test laboratory to see how it works.

TEXT: FIA FJELDE PHOTOS: JESPER GEORGSSON



The entire battery of tests takes about three weeks.

"The lab has 38 different furniture testing methods and we test about 300 products here every year."

Kinnarps' own laboratory for testing furniture has been up and running since 1994. And yes, it looks the way you would imagine, a bit like a factory with different stations and a specific flow. Temperature and humidity are also controlled in the factory in order to test the surface of the furniture. But why exactly do you test furniture?

"Simply to ensure that the items of furniture meet the necessary safety, strength and stability standards," explains Testing Manager Jörgen Nilsson. If we take a chair that will be used in a public space as an example, there are specified requirements for that particular type of use and how to test it.

The lab has 38 different furniture testing methods and about 300 chairs, tables, sofas, easy chairs, storage and office furniture pass through here every year. Every test starts with documentation: weighing, measuring and photographing.

"If we continue to use a chair as an example, we sit on it to get a sense of whether there's any risk of crushing or something you could cut yourself on. We then mark where we will perform our tests and place it in the machine for static loads," Jörgen explains.

There are then several different dynamic loads, the first of which is on the seat and back for 100,000 cycles, which takes a week. Loads are also tested vertically and on the front edge and, depending on the part, there is a specific weight and a fixed number of cycles that should be used. The testing takes about three weeks from start to finish, and should correspond to the lifetime of a item of furniture for a person weighing up to 110 kilos in user weight.

"In order for an item of furniture to pass the test, nothing should have broken, there should not be any splitting or, of course, any major deformation. The function should be intact, so you can sit down and lean against the back.

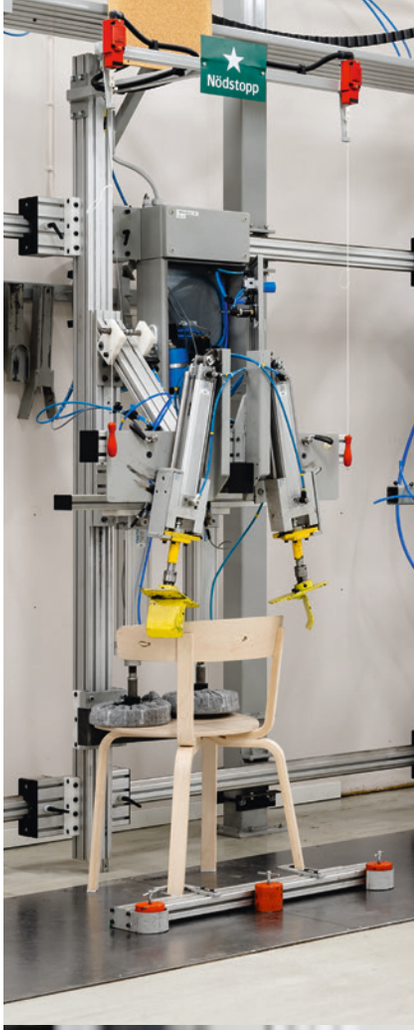
As a laboratory technician, you follow your products through the stations and check the requirements after each step. Once testing is complete, a report is written for the client."

Are there any new trends in furniture testing?

"The requirements are always the same, that the furniture should be safe, but we're continually improving the accuracy and clarity of what we do. The risk of crushing, for example, may seem arbitrary, but having a described method for this now has made it easier for us to be more consistent and secure in our assessment."

What's on the horizon in terms of furniture standards?

"Now we're working a lot with reuse and the development of standards surrounding it. After all, these items of furniture still need to be as safe as the ones made from new materials, and a lot of work is under way here on how to evaluate this type of furniture. A type of sustainability work that feels exciting." ✱









Testing the durability of surfaces is especially important on furniture in spaces where there's frequent cleaning and disinfection.





Jörgen Nilsson is Testing Manager at Kinnarps' lab.

REQUIREMENTS SPECIFICATION

What should you consider when choosing quality furniture that lasts over time?

1

Map and analyse your needs for a long-term solution that suits your activities.

2

Choose high-quality furniture that has been designed to be renewed and reused.

3

Look for ecolabels and certifications, such as Möbelfakta, FSC® and OEKO-TEX.

4

Ensure quality and safety – through e.g. European standards.

5

Choose suitable materials and colours adapted for your spaces.

6

Question how and where your furniture has been made.

7

Look into how the furniture is transported and how the interior is implemented.

8

Be particular in selecting evaluation parameters.

9

Set qualitative sustainability requirements for both new and reused furniture.

Meaningful spaces



Corner with a homely feel. The Ruter serving trolley and Sture rocking easy chair invite you to relax for a while.



There's a separate room with sliding door panels just off the lounge, which residents can rent for private events with their family.

With its warm and welcoming ambience, Djupängen care home has become an inspiring example of how interior design can improve not only the quality of life for residents but also the working environment for staff. Now it's been up and running for three years, we went back there to see how everything's working.

TEXT: FIA FJELDE PHOTOS: MATTIAS HAMRÉN

MORE INSPIRATION FROM DJUPÄNGEN:

When Djupängen was taking shape, Kinnarps and its Next Care® needs analysis provided support, which means starting collaboration at an early stage. This gave stakeholders the opportunity for participation in planning the function and form of the interior design from scratch. Helena Eriksson is unit manager at Djupängen and was involved from the start.

"It was very interesting to be involved in the process and to be able to influence everything from aesthetics to occupational health and safety. We even had the opportunity to design a new functional sofa that we felt we needed."

Seating for the care home's assembly space needed to be durable and easy to clean with removable upholstery, without compromising on the look or choice of materials.

"It's been important to us to avoid that institutional feel. We wanted the apartments and the communal spaces to have the same welcoming feel, and I think we've succeeded in that," she says.

In the collaboration between Hammarö Municipality, Kinnarps and Tengbom, a desire emerged for a sofa with a more homely feel for care environments. This resulted in the Dahlia range.



The living rooms at Djupängen look out over the lovely courtyard and countryside beyond. Here you can see Kurbit easy chairs and armchairs.



Djupängen unit manager Helena Eriksson.



It's reassuring to have mum here; when I visit, we can spend quality time together. It's cosy and pleasant. I believe she feels at home here.

Gunilla Sundell, relative



I never thought I'd end up in a retirement home, but now I'm very, very pleased.

Vandis Sundell, resident



Features such as height-adjustable dining tables and the small castors on the chairs make it easier for staff to ensure that the residents are sitting comfortably and safely at the dining table.

Jennifer Lidbrand, assistant nurse

FACTS

Client: Hammarö Municipality
Place: Hammarö, Sweden
Architect: Tengbom
Number of residents: 120
Number of staff: 45
Completed: 2020



Aesthetics, independence and respect permeate the interiors at Djupängen. And that's something the staff appreciate as well. It's not only pleasant but also makes their work easier to know that the residents, for instance, are sitting safely and securely, and are able to manage more tasks independently with the help of smart furniture.

"As this makes their work less physically demanding and reduces the need for care somewhat, they're able to spend more time on social care instead," Helena explains.

The colour scheme has been carefully considered and each unit has a specific colour scheme to create as consistent a feel as possible. The spaces are uncluttered and encourage movement. Comfy chairs that are easy to get in and out of are strategically located as resting places in corridors and next to windows. Facilitating physical activity is a win-win for everyone.

"If you have the physical function, we want to maintain it. This not only benefits the individual but also the staff, as it reduces heavy lifting, for example. It also enables our residents to enjoy quality time with visitors, to get out of their apartment, maybe take a nice walk and sit down to admire the view for a while."

Interior design is crucial to how residents experience the care home, and creating meaningful spaces has been important. For example, a lot of thought has been put into creating a calm and pleasant spa, where you can bathe, get podiatry or visit the hairdresser.

"It's important for residents to feel that change in surroundings, even within the confines of the care home. Keeping that sense of something pleasant and varied happening in everyday life is valuable."

Over the past few years, there's been continual dialogue with Kinnarps and follow-ups have been carried out on what has worked well or less well. Djupängen feels that it's received the necessary help to ensure that the home continues to respond to emerging needs and the collaboratively developed vision.

"We're now adding a little more furniture from Kinnarps. Above all, we want to create more small seating groups in the communal areas, so that residents can sit down by our large windows to enjoy the view."

When was the last time you felt that the environment made life easier for the residents?

"Last Friday, we had a generational disco in our lovely communal rooms. Younger children were able to come and dance here with our residents. We had popcorn, lemonade, balloons and a disco ball, and when I suddenly saw my three-year-old grandchild patting a balloon back and forth with one of our elderly ladies and saw the sparkle of joy in her eyes, I was deeply touched." ✱

The aroma of freshly brewed coffee, the warmth of sunshine diffused through a sheer curtain, sumptuously soft sheets – a space that appeals to all our five senses makes us feel safe and happy. But two additional senses are important to bear in mind when it comes to people with dementia.

TEXT: FIA FJELDE PHOTO: KARL NORDLUND

The seven senses



REFLECTION CARDS

Based on their long experience of working in dementia care, Gun Aremyr and her colleague Bertha Ragnarsdóttir have produced a box of reflection cards. The idea is to give staff in home care or care homes a tool to reflect on ethically difficult situations where, despite their good intentions, communication with relatives has broken down.

Creating security for both relatives and staff is equally important. And sometimes requires some thought and reflection. In this case, these cards with scenarios of common situations may help towards greater understanding.

Read more about the reflection cards at gunaremyr.se.



READ MORE FROM GUN AREMYR:

Gun Aremyr has been working in the field of dementia since the late 1980s, and in her role as occupational therapist, relative consultant and lecturer has encountered numerous people and care homes along the way. It was very clear at an early stage how a well-planned physical environment can make life easier in several different areas for people with cognitive impairment. While the most important lesson by far has been that everyone is an individual, with their own unique life stories, there are also a few general aspects to take into account, such as the seven senses.

"Our five outer senses make us aware of where we are in the world, our two inner senses, muscle and joint senses, and our sense of balance, make us aware of this in our body," she explains.

"For example, I saw that when a person with dementia perceives a dark rug as a hole, but their joint and muscle sense then tells them that it's not when they walk across it, this creates a lot of unnecessary anxiety and stress.

A healthy mind is constantly interpreting and remembering, but when you're unable to remember, you can't hold on to knowledge and are equally surprised and scared every time the link between your senses doesn't match. When you're healthy, your mind recalls information for you, but once your memory is impaired, your senses have to do the recalling for you. Gun gives one more example: imagine you put your hand in your bag to fish out your mobile phone and instead grab hold of a soft, mouldy fruit... we've all done something similar and know how it feels.

"It scares you, right? Your body releases cortisol and adrenaline, and you experience a significant surge in stress. If I, as a person with dementia, can no longer trust my surroundings, I will experience this level of discomfort all day long," Gun explains.

Dementia often affects a person's sense of balance. That's why it's important to be able to rely on the furniture in the room for support. Sturdy furniture that makes it easy to sit down and stand up contributes towards the feeling of independence. The interior design should also offer reassurance by being authentic, i.e. the materials should be what they appear to be, that a wooden surface really feels like wood and is not in fact a hard plastic surface.

"In a space where I don't need to be on my guard, I feel calmer and safer, and can more easily experience joy, which is what we want to achieve with all interior design really, but it's absolutely crucial for the quality of life of people with dementia."

Well-thought-out interior design adapted to the activity and the individual makes both staff and residents happier and healthier.

"We currently talk about dementia-friendly communities, but the things that support people with dementia are good for all of us. ✱

5x tips

on care environments for people with dementia

1

CREATE CONTRASTS FOR BETTER NAVIGATION

Floors, walls, doors and interior design in contrasting colours make it easier to navigate a room and create a sense of independence for the resident. Clarity also reduces anxiety and frustration.

2

SOFTEN THE SOUNDSCAPES

Make sure that furniture doesn't make any scraping noises, and preferably add sound absorbers to the room. Soft music and nature sounds can be soothing and stimulating if residents can choose when they want to listen.

3

KEEP CHANGES TO VISION IN MIND

The right lighting prevents accidents, facilitates navigation and effects the day-night rhythm. Also remember that the way a person perceives colour changes with age.

4

A SAFE ENVIRONMENT WITH THE RIGHT FURNITURE

Sofas and easy chairs that make it easy to sit down and stand up increase independence. And authentic natural materials eliminate surprises, and enhance the feeling of harmony and security.

5

CREATE A HOMELY FEEL

When care homes have a homely feel, the residents are harmonious and safe. Remember that children and grandchildren should also feel welcome!

As age takes its toll

Modern care homes place new demands on interiors and architecture. It not only needs to feel like home for the residents but also provide a good working environment for the staff. Kinnarps was involved in creating the interior design at Håsta care home in Hudiksvall.

TEXT: DAVID BJÖRKLUND PHOTOS: MATTIAS HAMRÉN



The Thyra range of easy chairs and sofas has been placed in the lobby and inside the home. Thyra is a highly sustainable choice, as all loose parts can be updated or replaced as necessary, without the need for tools. It has been designed with a gap between the seat and back and good access underneath to maintain good hygiene.





John functional easy chair with discreet integrated features that increase the user's independence. The armrests can be raised for an easier transfer from and to a wheelchair.

Interior design for residents and staff. A cosy living space, as well as an attractive, ergonomic working environment. This was the assignment when Kinnarps Hudiksvall was hired to furnish the annexe at Håsta care home, in collaboration with the municipality and Tillsammans Arkitekter.

"Kinnarps helped us update and future-proof the interior design of our new annexe," says Thomas Eriksson, project manager at social services in Hudiksvall.

THE ORIGINAL PART of the 40-place Håsta care home was built two decades ago. When the municipality decided to add another 48 places to the home, they did so with the understanding that a lot had changed in the intervening 20 years.

"The demands and expectations from residents, relatives, employees and society at large are different today. Nowadays, residential care homes need to focus on the individual and be able to combine a functional, homely environment with good holistic ergonomics. It's a matter of showing respect to both residents and staff," says Thomas Eriksson.

He reports that early on Hudiksvall Municipality identified that in order for the interior design to live up to its ambitious objectives, their own working group's experience would need external expertise. Following the procurement, the process was characterised by dialogue and collaboration.

"The close collaboration between Kinnarps and Tillsammans Arkitekter was largely responsible for the success of the

"Having a well-thought-out and attractive interior design is crucial for our ability to recruit staff in the future and thus maintain good-quality services."





Upholstered furniture not only increases the pleasant and homely feel, it also makes a major contribution to a better acoustic environment.

interior design. They've worked closely together to create a cohesive solution of harmonious colours, acoustics and lighting. This provides a safe, stimulating holistic experience for our residents and a good working environment for our staff," says Thomas Eriksson.

THE TEAM AT Kinnarps Hudiksvall has been responsible for the Håsta project.

"The municipality began to consider the interior design at an early stage of the project, which always creates good prospects for a successful end result. We have participated in the process and have thus been able to provide both expertise and specific interior design solutions, a holistic approach that benefits everyone," says Jonas Sjölund at Kinnarps Hudiksvall.

The new building at Håsta consists of four departments with two groups of six residents in each. The building has been built with wooden frame elements, and Kinnarps' furniture interacts with the natural, light and warm feel of the architecture.

Thomas Eriksson emphasises the interior design's successful combination of soft and hard values: cosy and homely, but also practical and easy-care.

"It's simply very nice, high-quality furniture with excellent functionality. This also means long-term sustainability and good total economy."

THE IDEA BEHIND the interior design is to create a sense of well-being for everyone living and working here. But at Håsta, interior design is important for another reason," says Thomas Eriksson:

"It's becoming increasingly clear that to be an attractive employer, we need to provide a good working environment. Having a well-thought-out and attractive interior design is crucial for our ability to recruit staff in the future and thus maintain good-quality services." ✸

FACTS

Customer: Hudiksvall Municipality
Place: Hudiksvall, Sweden
Project: Extension of Håsta care home
Architect: FE Arkitekter, Tillsammans Arkitekter
Floors: Two
Area: Approx. 4,000m²
Completed: 2022

Kompis stool





John functional easy chair

3x products

Good functionality and high quality. Here are a few of the key components that created the whole.



Jackie chair



The Ruter serving trolley is a sturdy, generous and easy-to-manoeuvre trolley that's perfect for the dining area.

One of the gang

Ella Westlund is behind Be a part of – inclusive furniture for wheelchair users.

TEXT: FIA FJELDE



Be a part of, shown here as a three-seater sofa, leaves room for a wheelchair between the two seats.

PHOTO: NILS ODIER



MORE INFORMATION ABOUT BE A PART OF:

"I wanted to create a product that changes our perception of who public spaces are intended for."





INCLUSIVE DESIGN

Ella Westlund wants her Be a part of sofa to change our perception of who public spaces are intended for.

When Ella Westlund was about to start her thesis at Beckmans College of Design, she realised that she could combine her two passions in life, design and working with people with varying abilities.

"I've grown up with a little sister who has Down's syndrome, so that world has always been a natural part of my life. As soon as I got the opportunity, I started working with artistic activities for people with varying abilities, something I really love and still do."

Ella recalls how as a child she accompanied her sister to an experience centre called Korallen, which had different theme rooms where you could touch everything and feel different textures. So when it was time to start working on her thesis project, Ella sought permission to go back there to do research and find inspiration.

"I discovered that although many of the children use a wheelchair, in the family room, where you meet other parents and children, there wasn't a proper space for one. As many important meetings between parents and children, as well as with other families, are also held there, I wanted to make them easier."

From that identified need emerged the Be a part of seating furniture, which leaves space for the wheelchair between the two seats, so it ends up at the same level. It's also ideal for parents who want to talk about difficult things because they can sit face-to-face. The project was so successful that NC decided to partner with Ella to develop it into a finished product that can help create inclusive spaces.

"I wanted to create something that would make a difference to someone. A product that changes our perception of who public spaces are intended for. A place where everyone feels included."

So what does little sis think of your sofa?

"Although not a wheelchair user herself, she thinks it's great. And it's all thanks to her that I came into contact with this fantastic world, so without my sis there would never have been any sofa."



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