

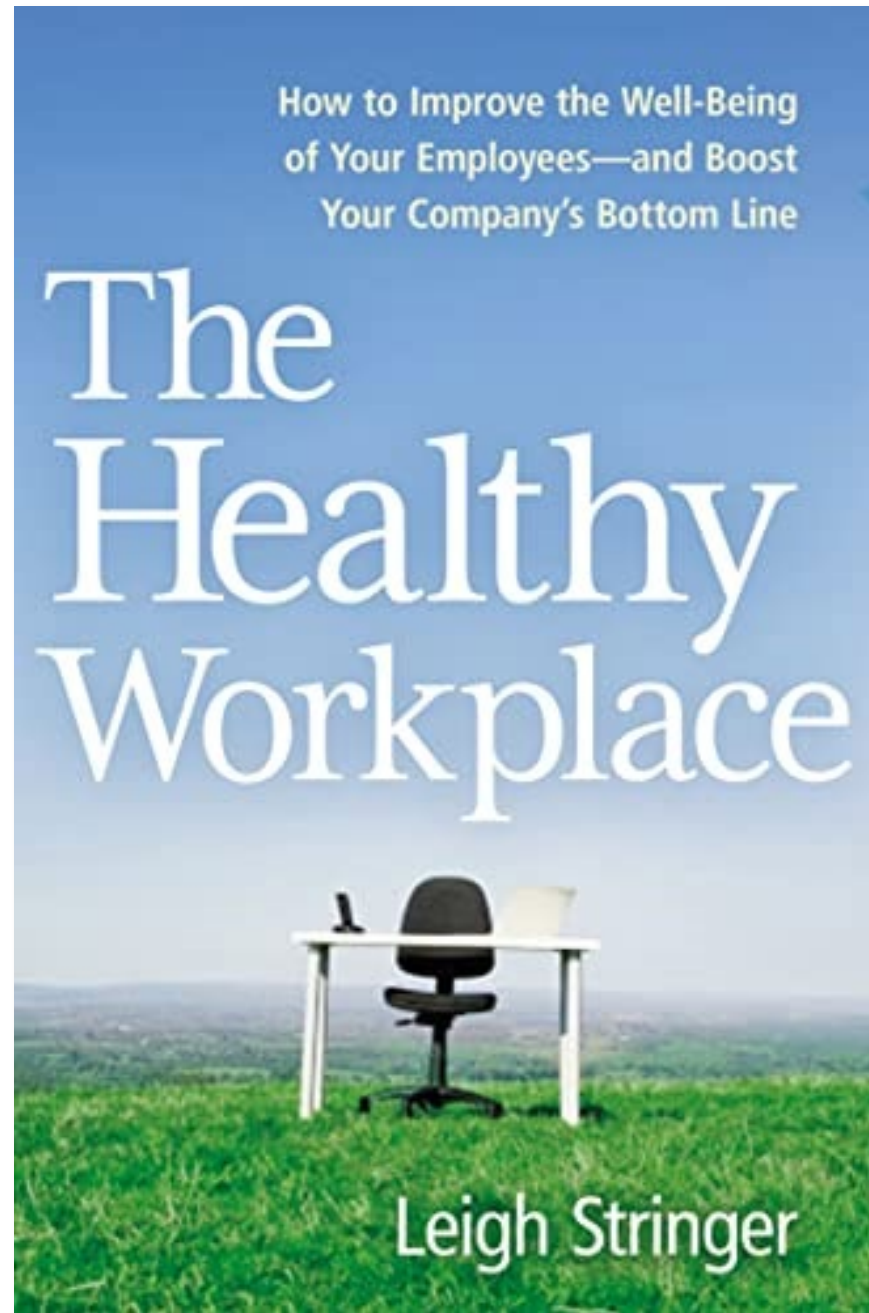


Designing Environments that Enhance the Human Experience

National Summit on Workplace Mental Health and Wellbeing

Perkins&Will

My Why





Perkins & Will



Well-being, the Built Environment, and Graduate Students

Biophilia

Belonging

Neurodiversity

Biophilia



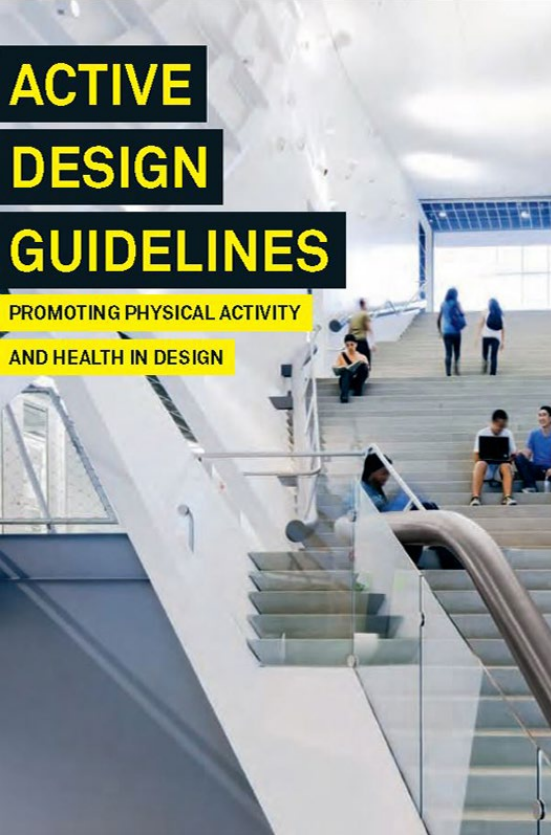
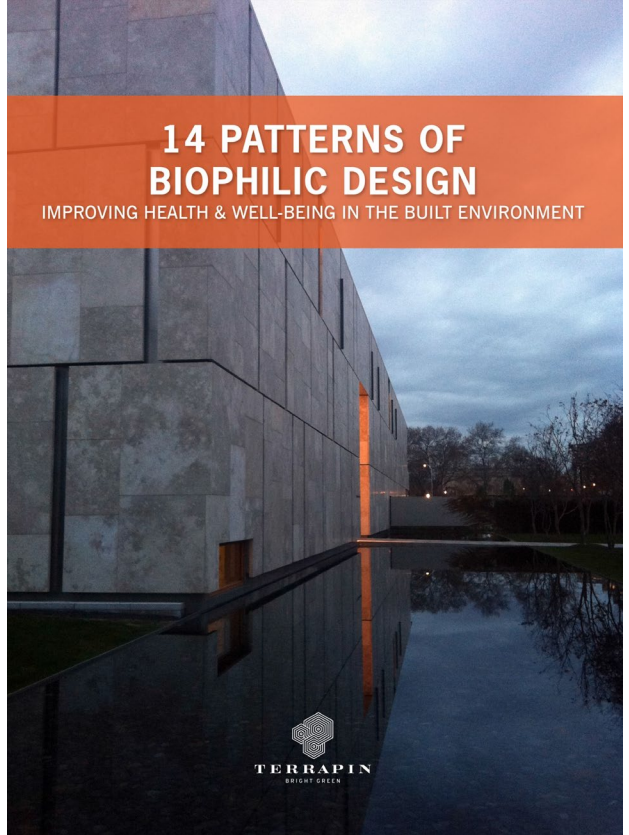
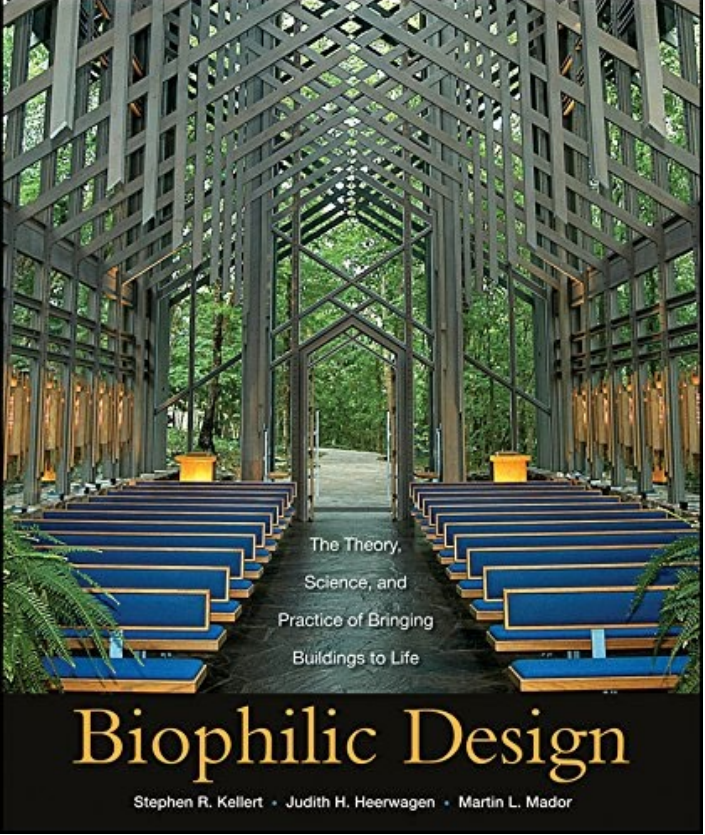
“Nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction.”

- E.O. Wilson, *Biophilia*

Winner of Two Pulitzer Prizes
Biophilia
EDWARD O. WILSON



The human bond with other species
Copyrighted Material









172

MEDITATION
ALCOVE





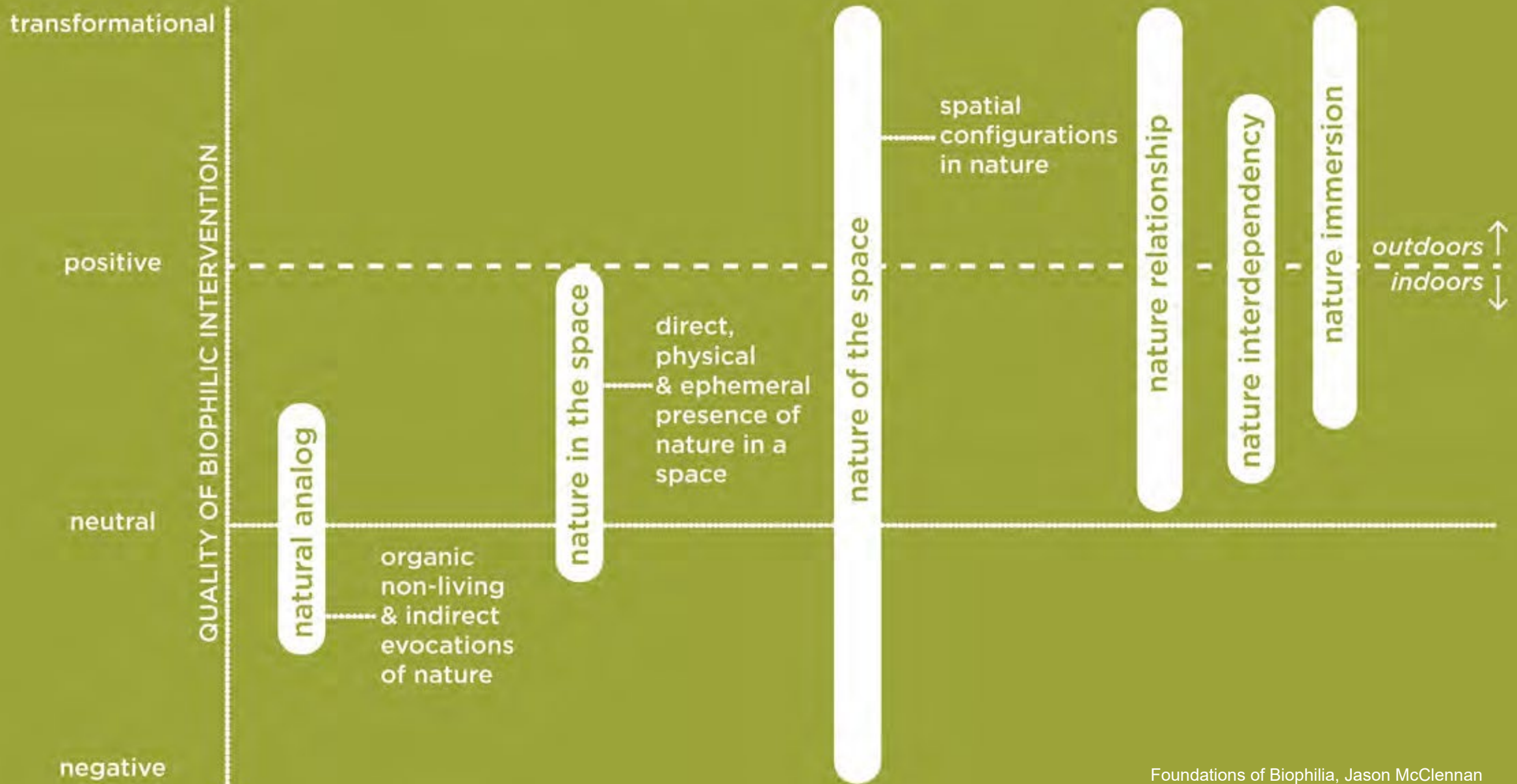


ECT

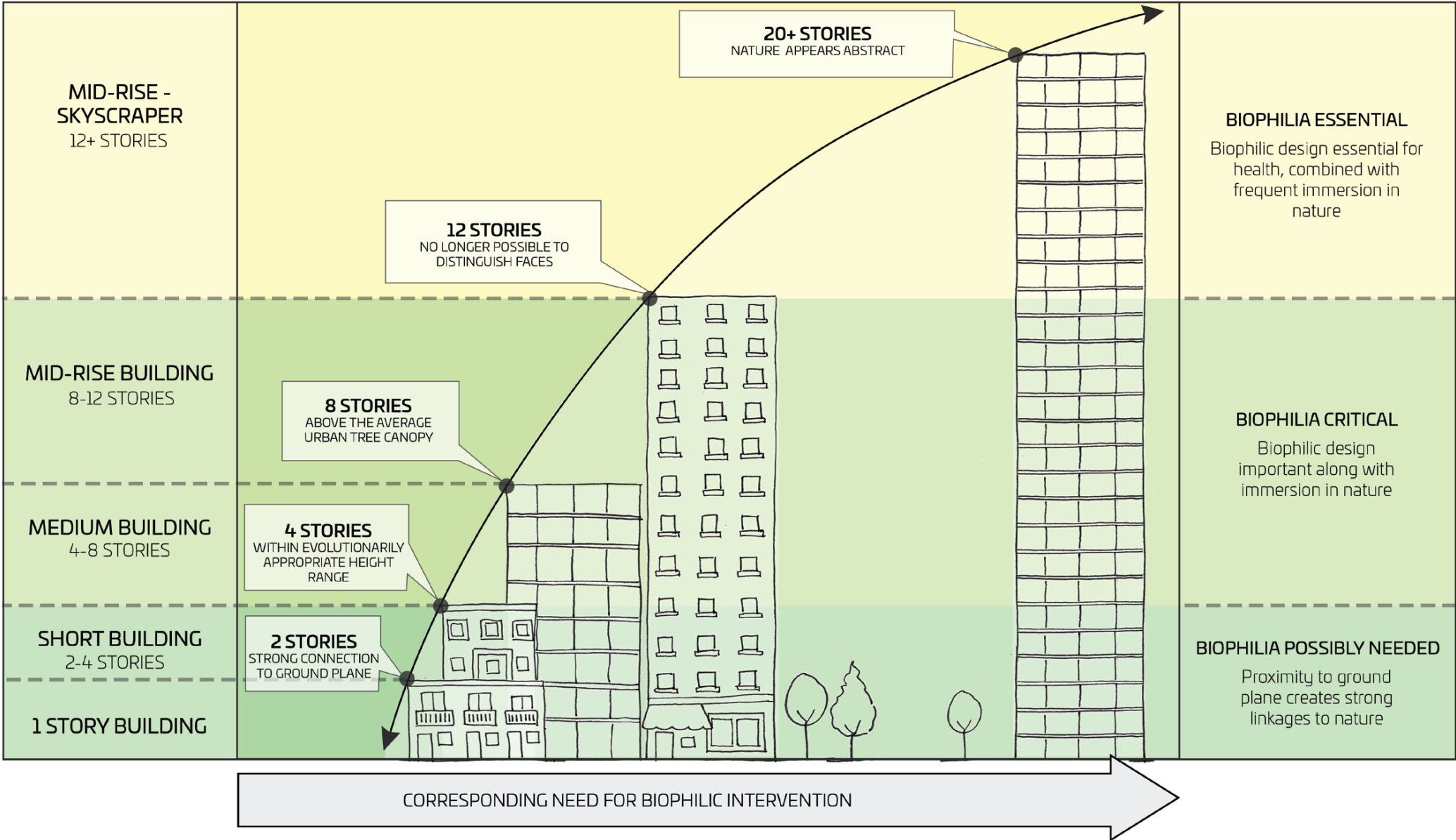




Efficacy of Biophilic Interventions

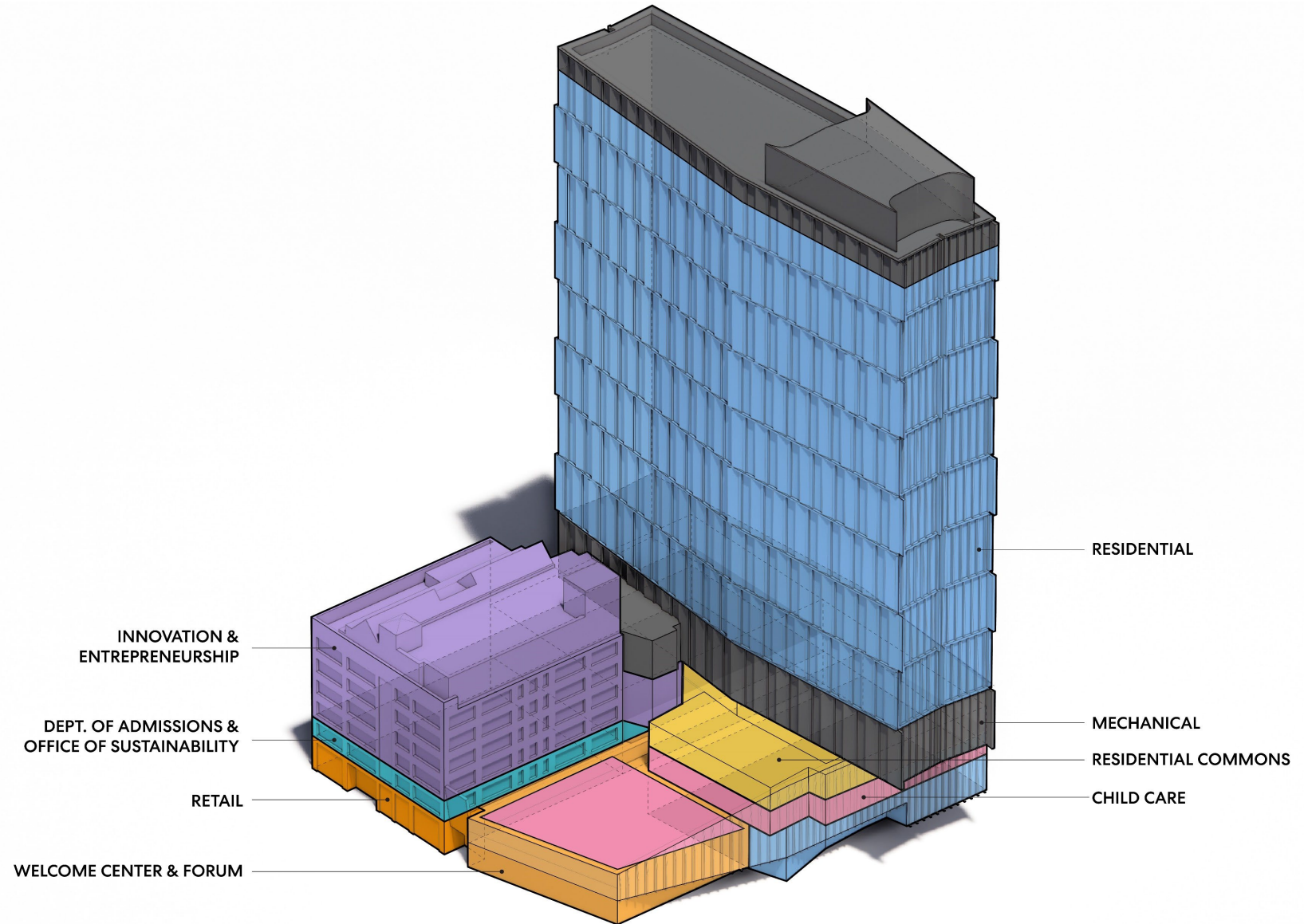


Elevation and the Corresponding Need for Biophilic Design Intervention



Belonging

Graduate Life



Massachusetts Institute of Technology — Mixed -use Graduate Apartment Tower



FIRE ALARM CLOSET

← SUPPLY AIR







Education!

- Analysis paper -> after
- reading business program
- MIB? * priority!
- observations at end of semester!

* Analysis paper!



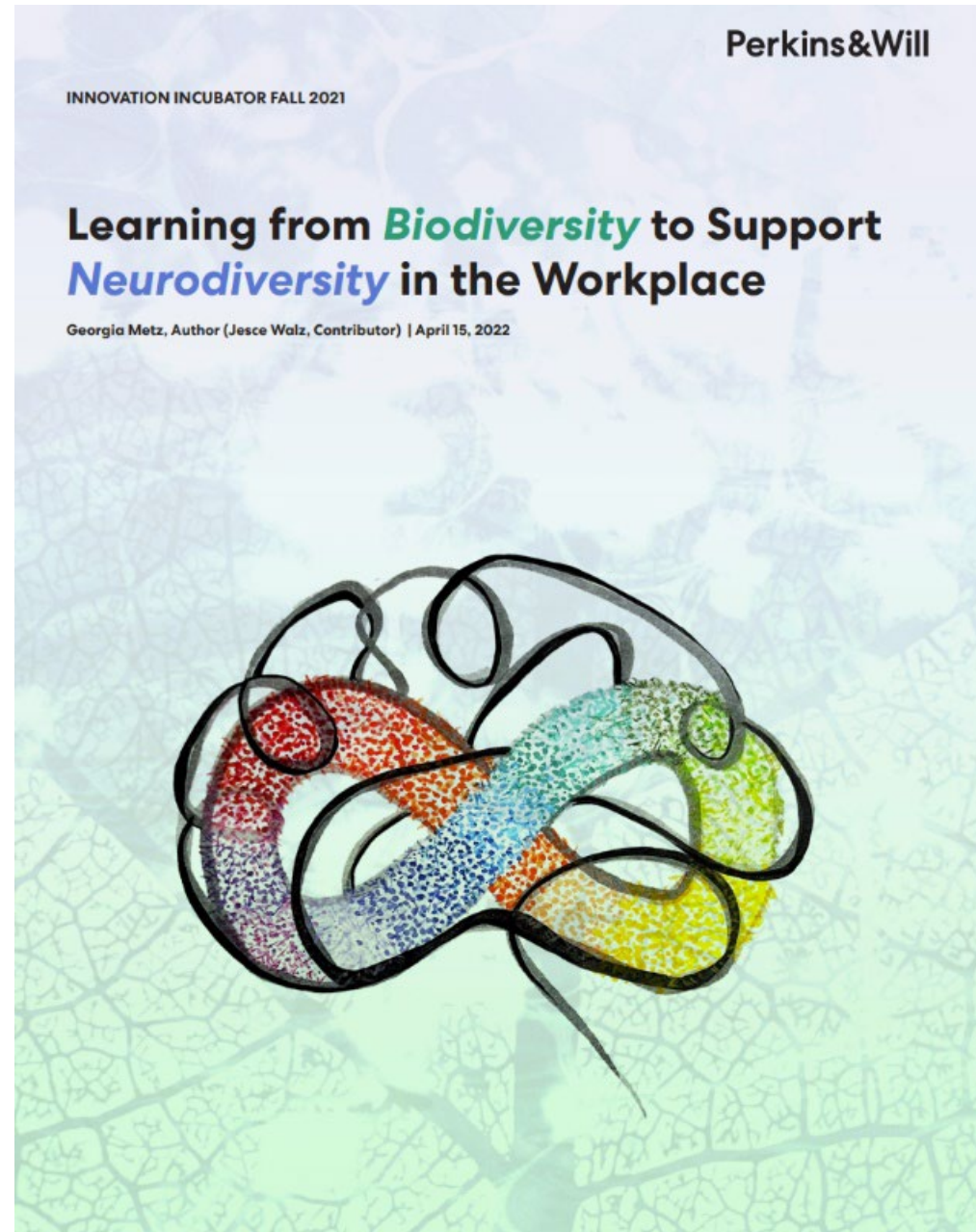






Neurodiversity

Biodiversity and Neurodiversity



What is Design for Neurodiversity?

Truly Universal Environment



Physical

- Stamina
- Flexibility
- Strength
- Mobility
- Agility



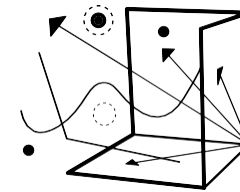
Sensory

- Sight
- Hearing
- Smell
- Touch
- Taste



Cognitive

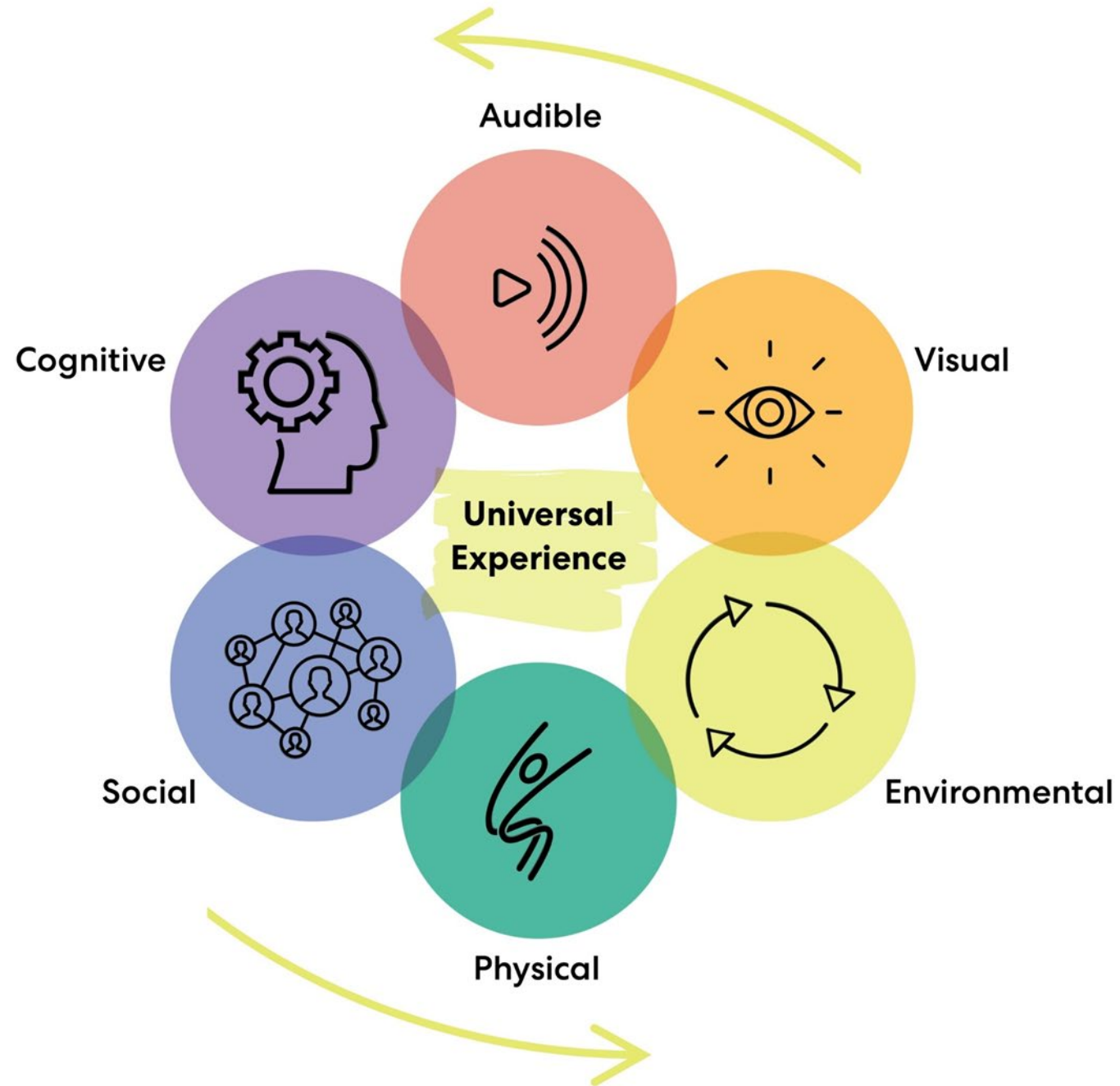
- Memory
- Learning
- Communication
- Perception
- Attention



Spatial

- Air & Light
- Color
- Pattern
- Form
- Materiality

Neurodiversity



Spectrum of Needs



Choice: User feedback that helps determine a space's set-up and selections

Flexibility: Spaces and furnishings that can change and adapt throughout the day

Variety: Different types of spaces that support a range of needs

Neurodiversity Toolkit

Site

Circulation

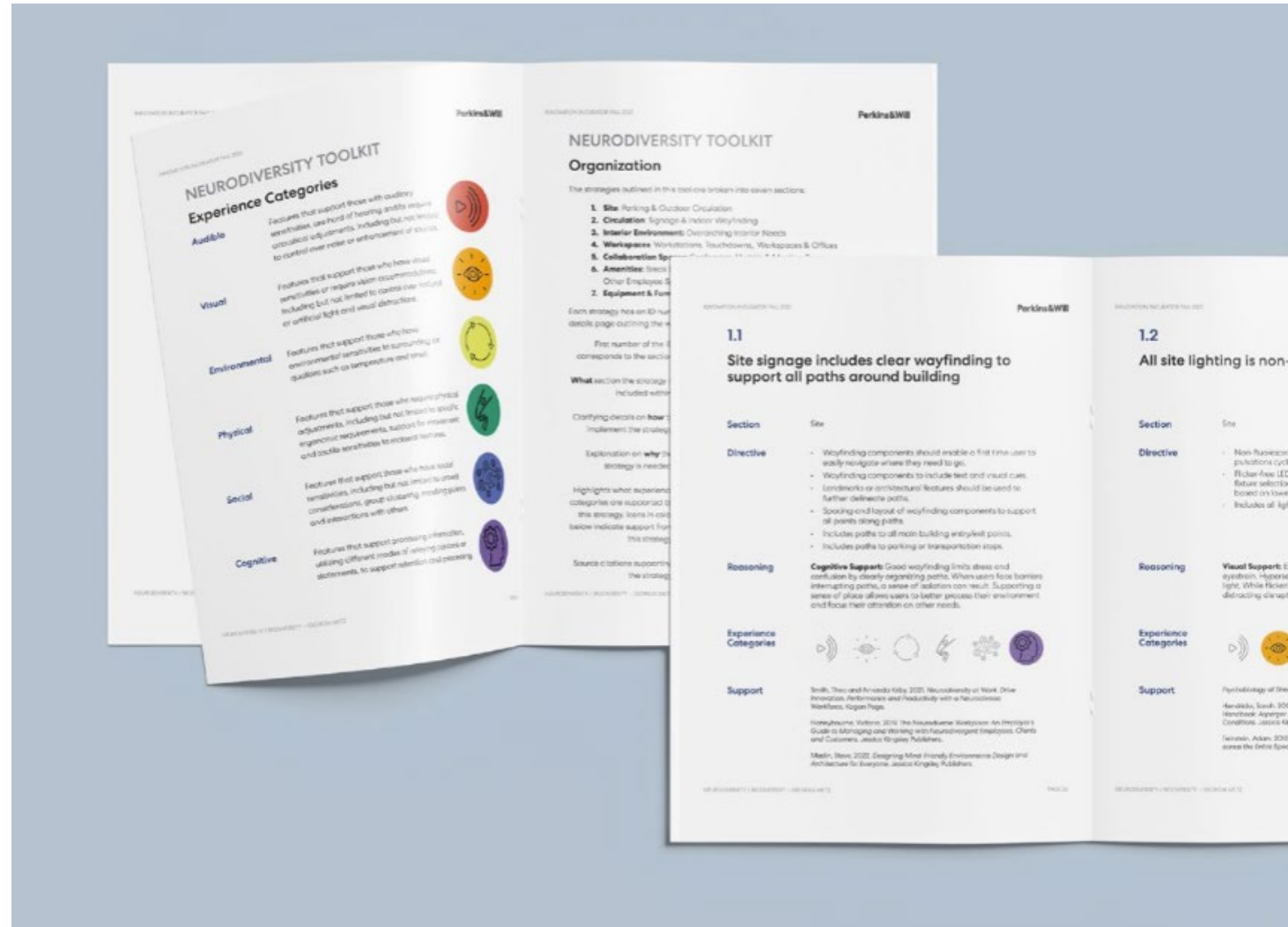
Interior

Workspaces

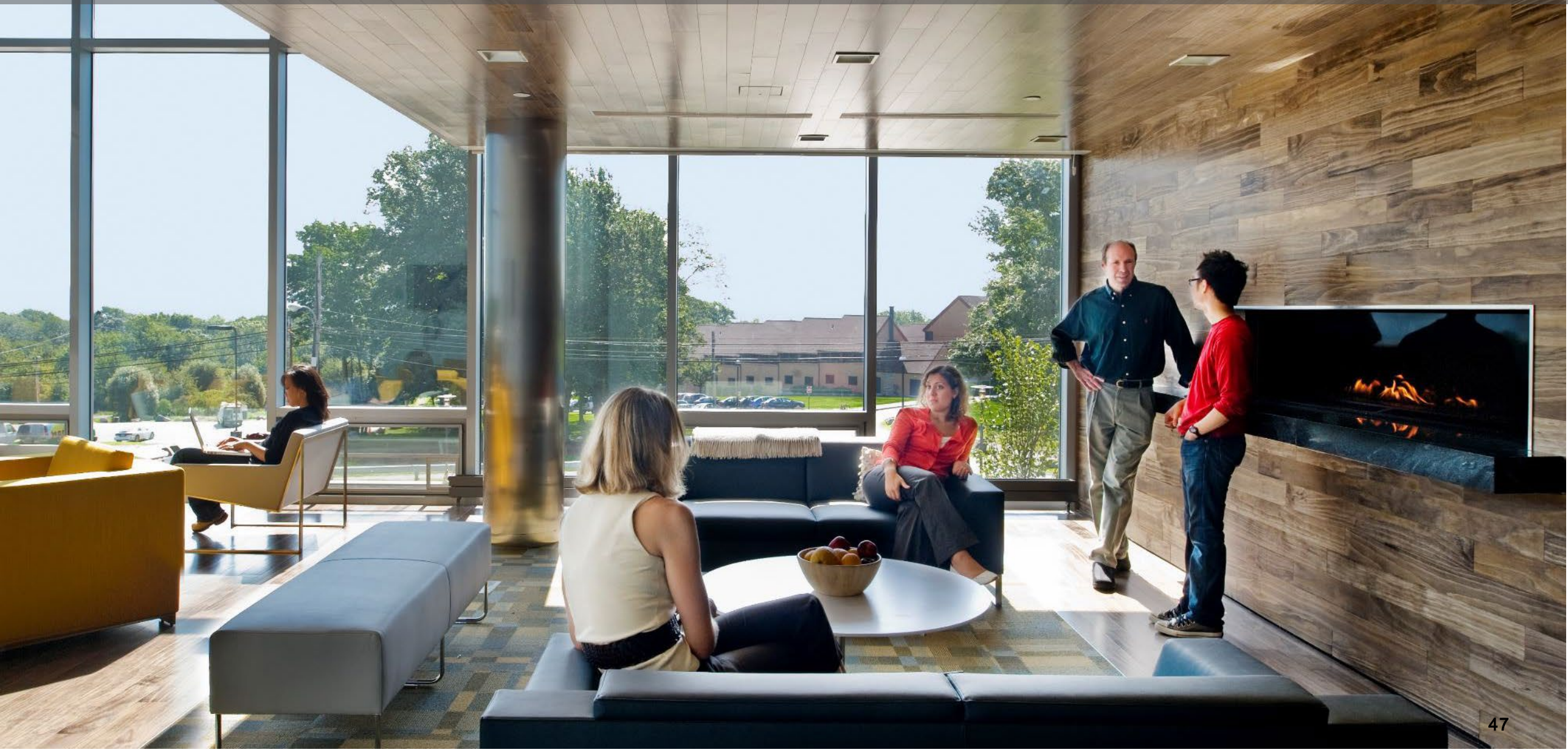
Collaboration Spaces

Amenities

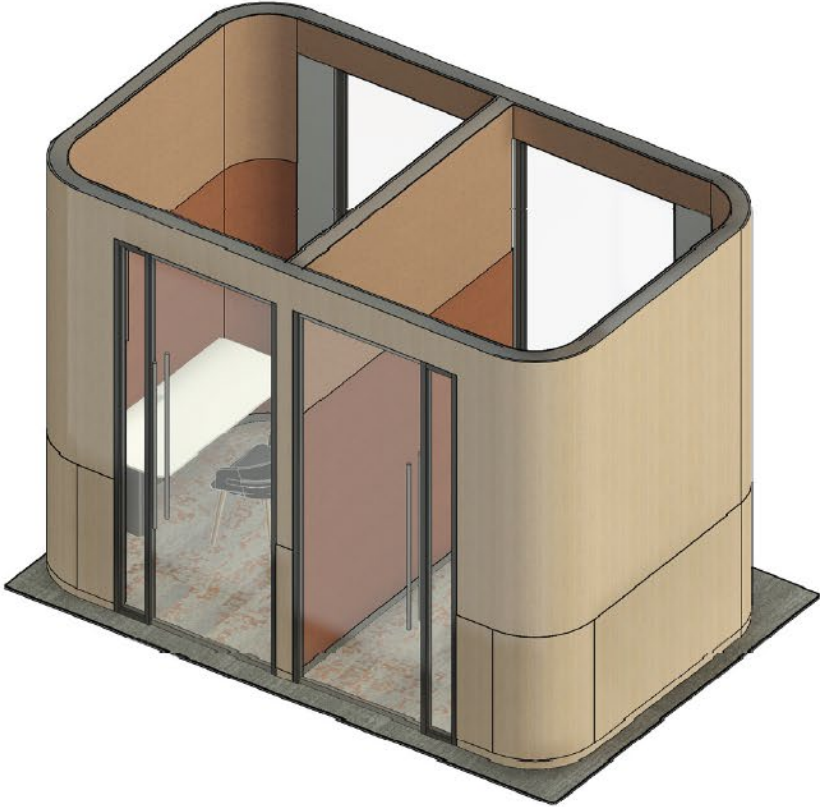
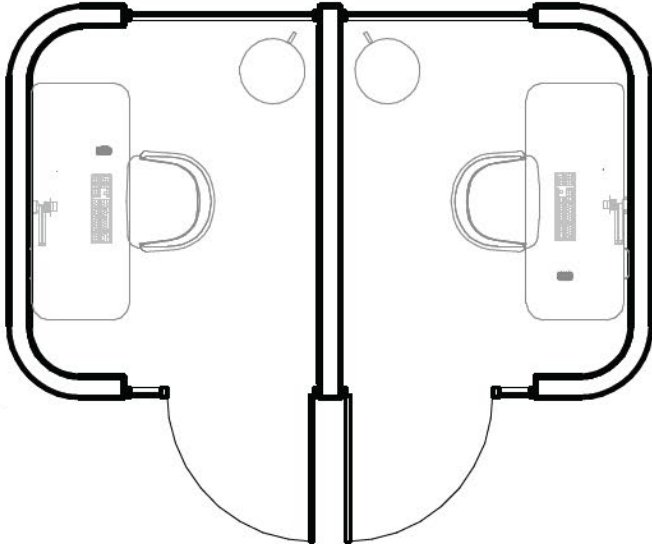
Equipment and Furnishing



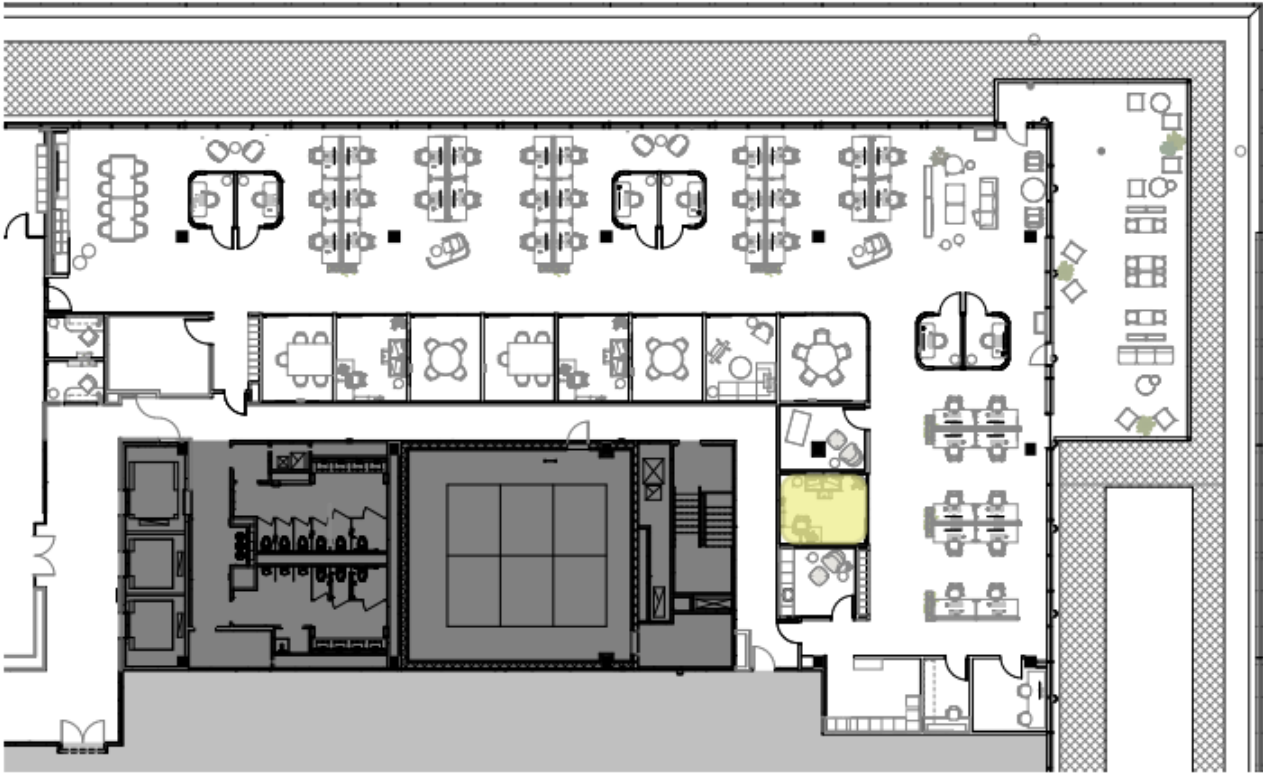
High Stimuli Collaboration Space



Work / Study Spaces Free from Audible Distractions



Tranquility Rooms



Doors / Frames Contrast with Surrounding Walls



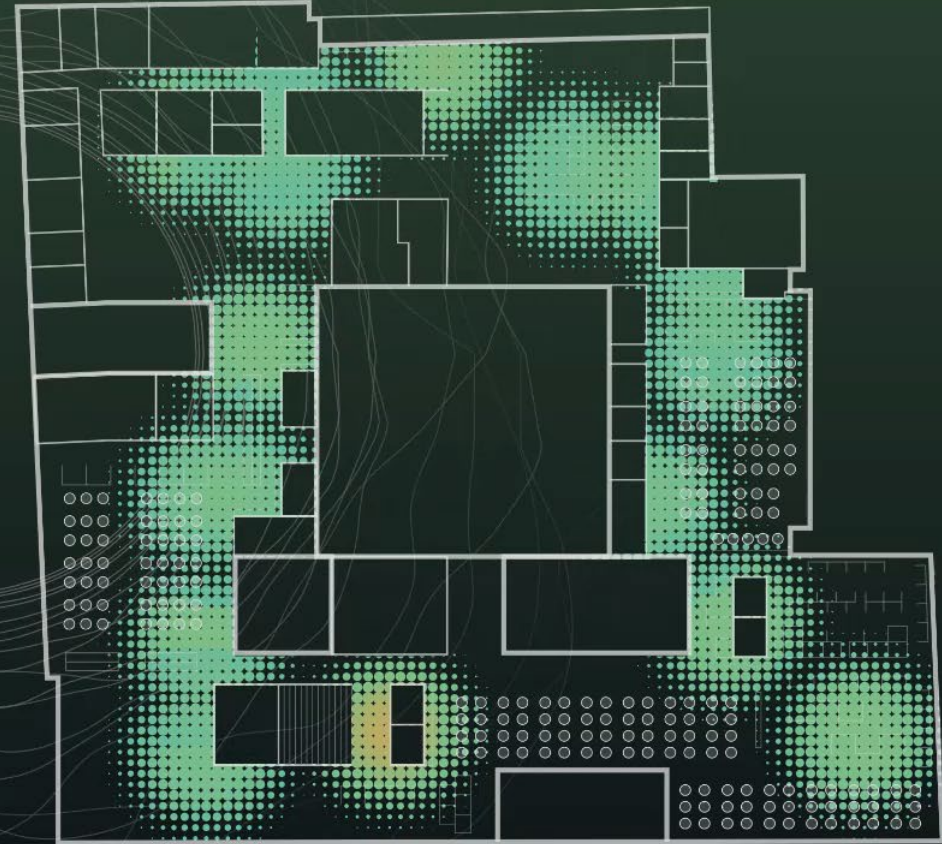
Circulation paths with views to outside



What's Next?

Air Temperature

Cool Warm



25 °C
in the floor

20 °C
outside



PRECEDE

Public Repository to Engage Community & Enhance Design Equity

GRANULARITY

State

County

Tract

Maryland

Demography

Exposure

Output

PM25

Air Quality

0.37

Edit



PM25

8.20



Ozone

44.18



Noise

13.13



Traffic Proximity

796.82



Waste Proximity

3.85



NDVI

0.59



Food Insecurity

71.01



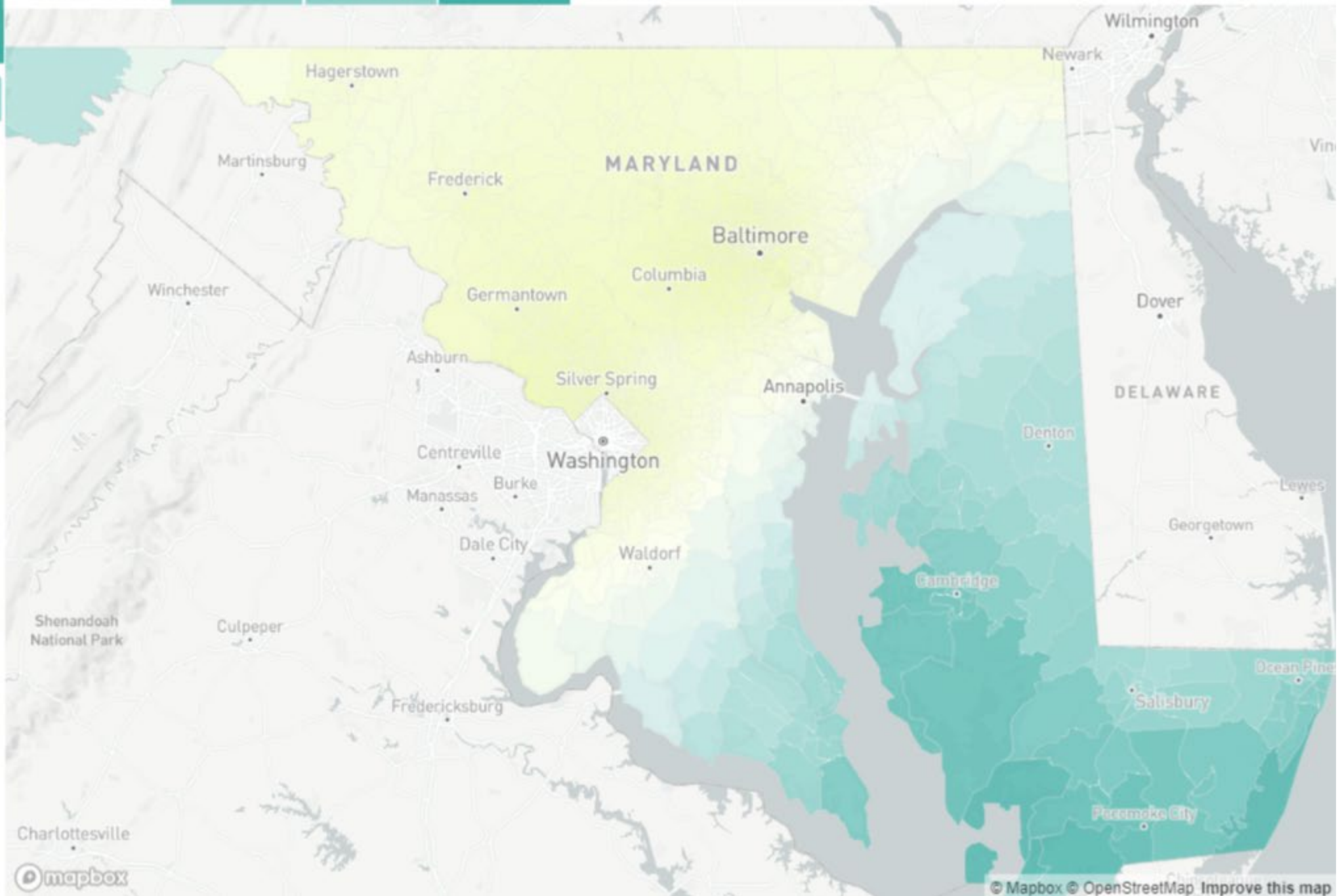
Lack of Walkability

14.55



Lack of Insurance

11.59



mapbox

© Mapbox © OpenStreetMap Improve this map

PRECEDE

Public Repository to Engage Community & Enhance Design Equity

Demography

Exposure

Output

GRANULARITY

State

County

Tract

Maryland



Chambersburg

Philadelphia

Chester Deptford

Wilmington

Newark

Vineland

Population



Population

45



Household

45



Less than High School

45



Linguistically Isolated

45



Median Income

45



Rent Burden

45



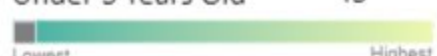
Unemployment

45



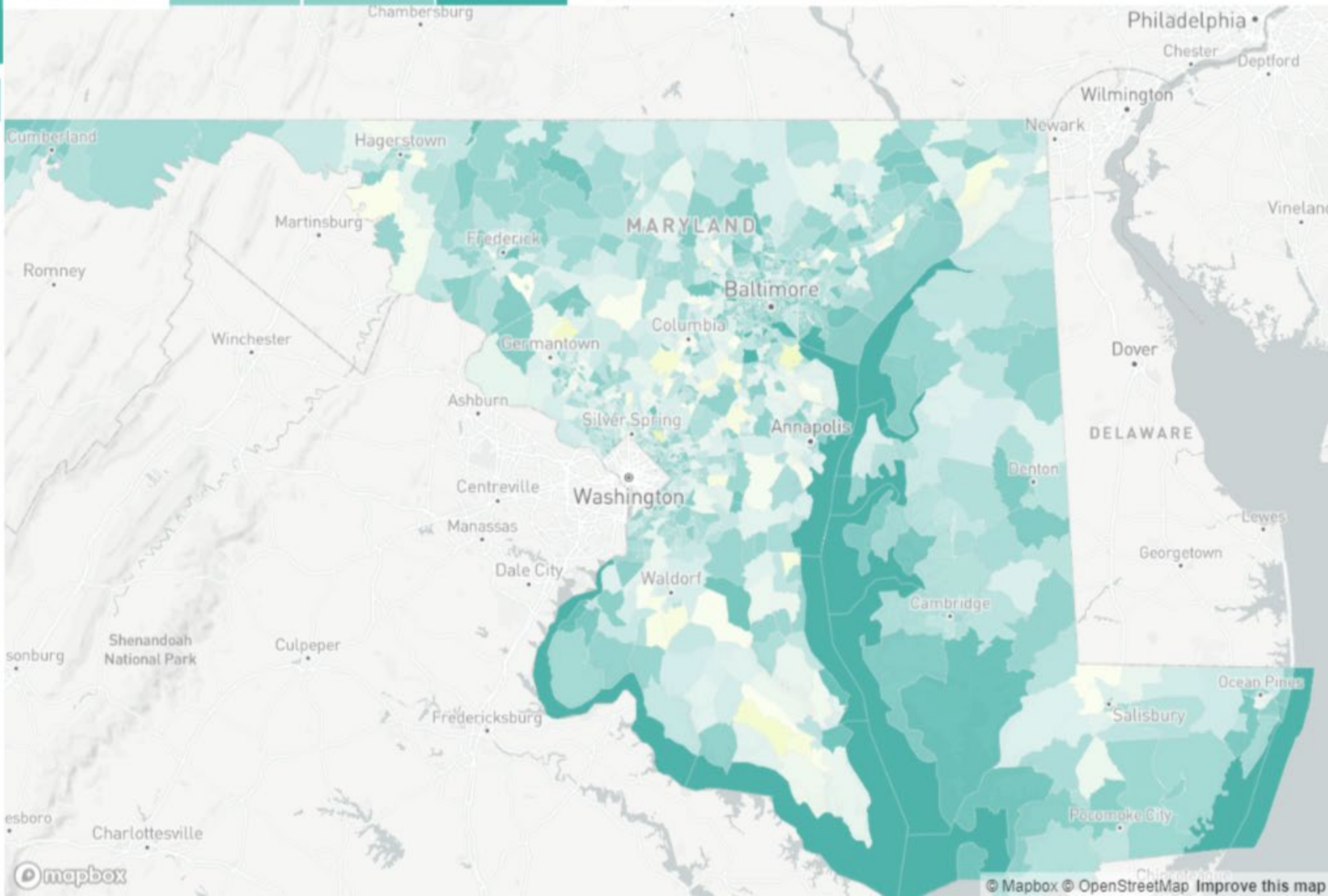
Under 5 Years Old

45



Over 64 Years Old

45



**“We humans often assume that what is,
had to be that way.**

**In reality, virtually everything in our
built environment is the way it is
because someone designed it that way.”**

*- Dr. Richard Jackson, former Director of the CDC's National Center for
Environmental Health*