



RESILIENCY ROOM

Healthcare by Design Spring 2021, California Institute of the Arts





RESILIENCY ROOM

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

—Christopher Reeve





Overview

Healthcare workers are some of the most selfless individuals, putting others first in times of grief and uncertainty. One important lesson learned in the COVID pandemic, is the importance of self-care during times of overwhelming tragedy. Healthcare workers will only perform at their best, when they are taking moments for themselves to heal, to cope, and to breathe.

The Resiliency Room offers a space for healthcare workers to escape for a few moments, get away from the stress of the hospital, and take a moment for themselves. They can journey to the mountains or beach with just a few clicks, and instantly be immersed in the immense silence of the mountains or calming waves of the ocean. **It's time to put the mental health of healthcare workers first.**





What is the Resiliency Room?



1 a space dedicated to self-care of healthcare workers, at work



3 guided exercises for those that want to practice different self-care techniques



2 a customizable experience, allowing each individual to experience self-care in their own way



4 an experience that provides an escape to all the senses



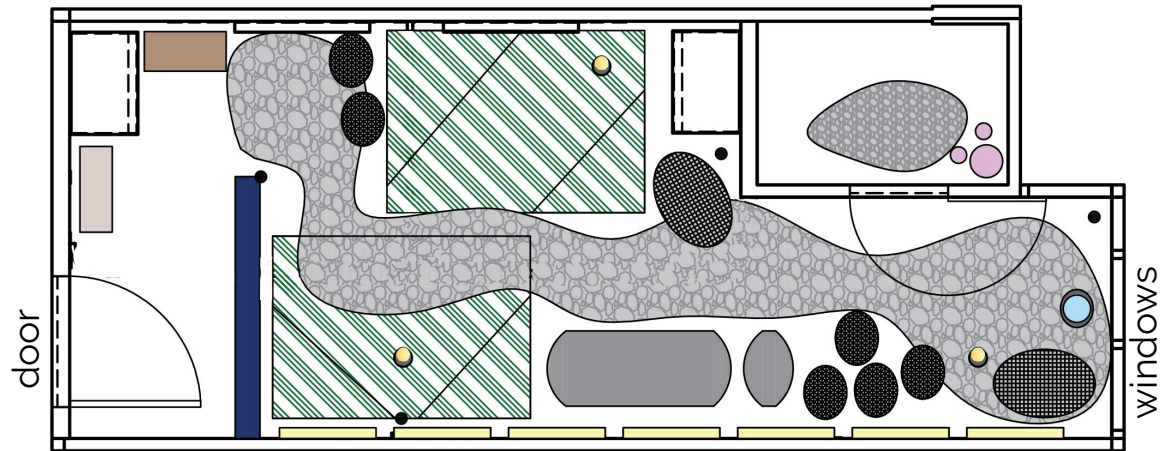
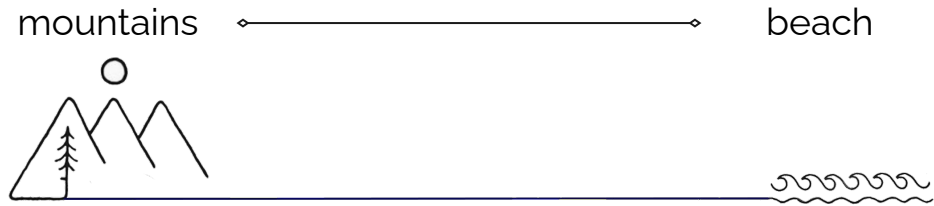
the design



Resiliency Room

groundplan

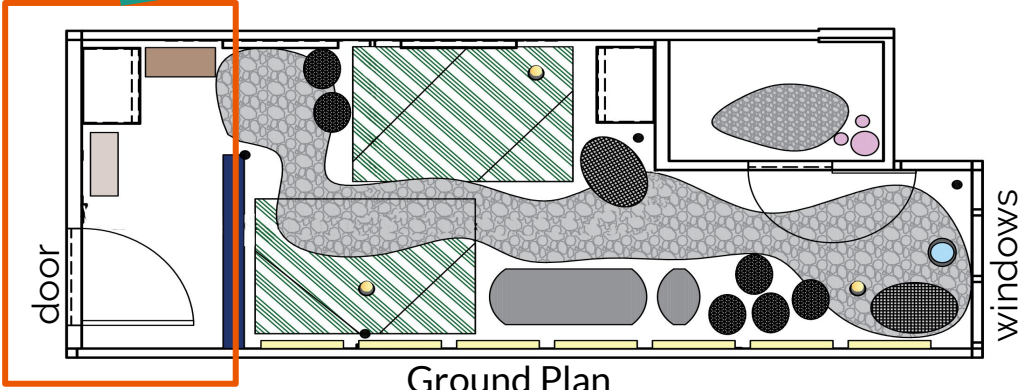
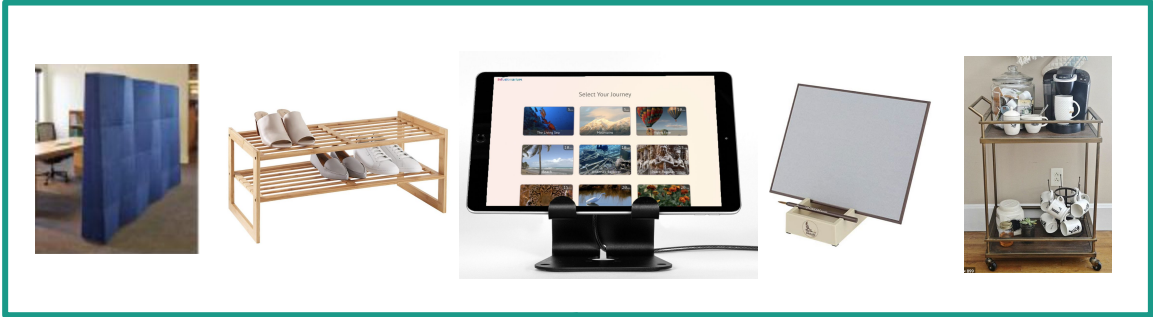
concept:



Ground Plan

design highlight: landscape furniture

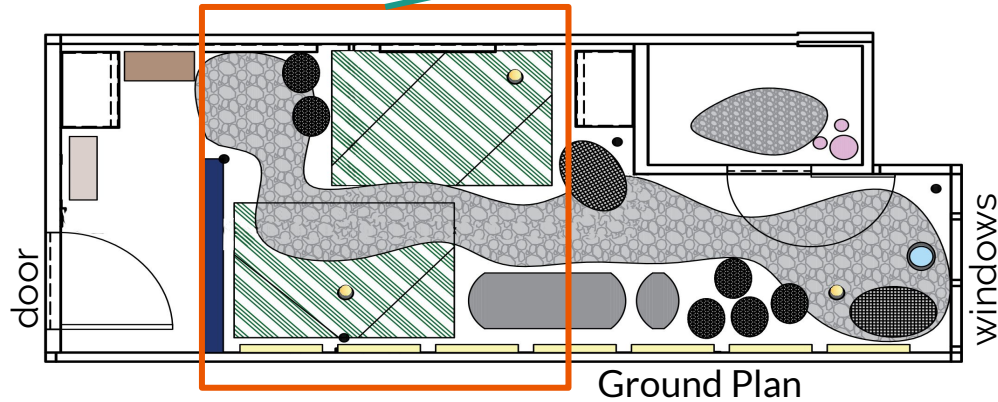
entry:



Ground Plan

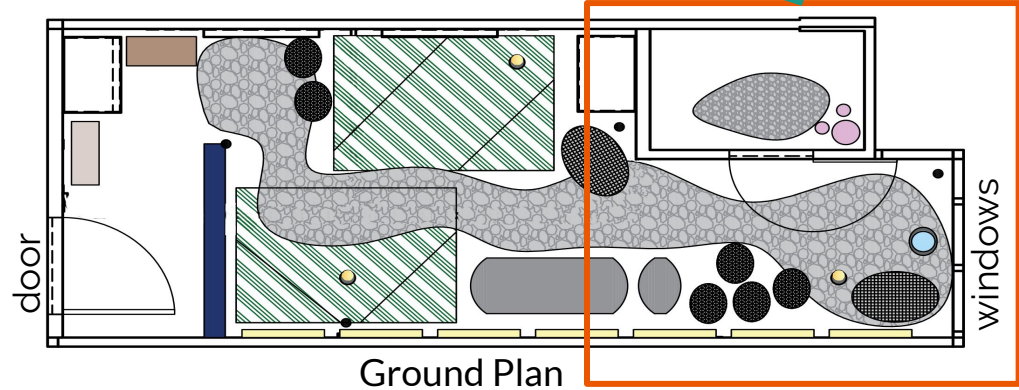
design highlight: landscape furniture

mountains:



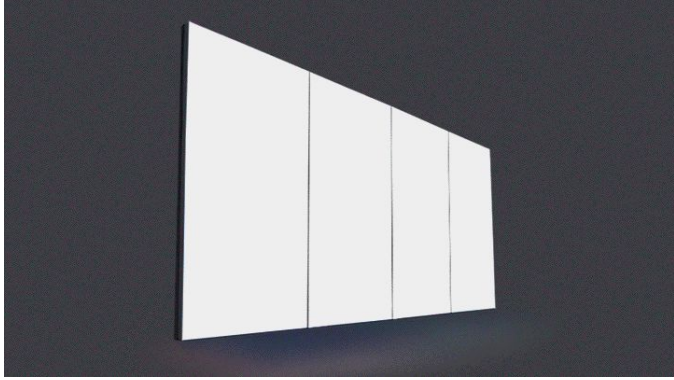
design highlight: landscape furniture

beach:

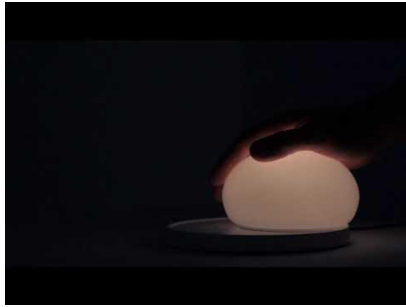


tech highlights: lighting

Immersive soft light



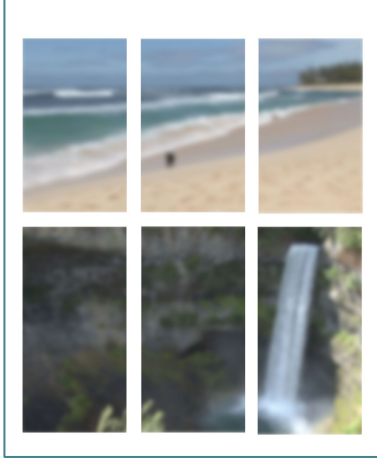
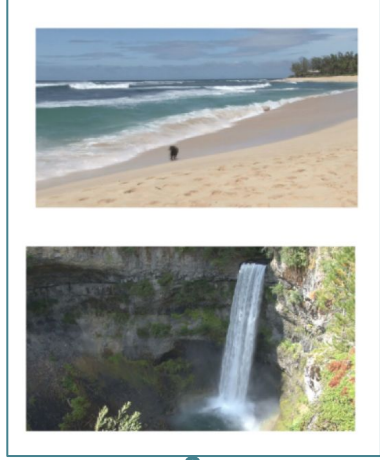
Tactile lamps



Himalayan salt lamps



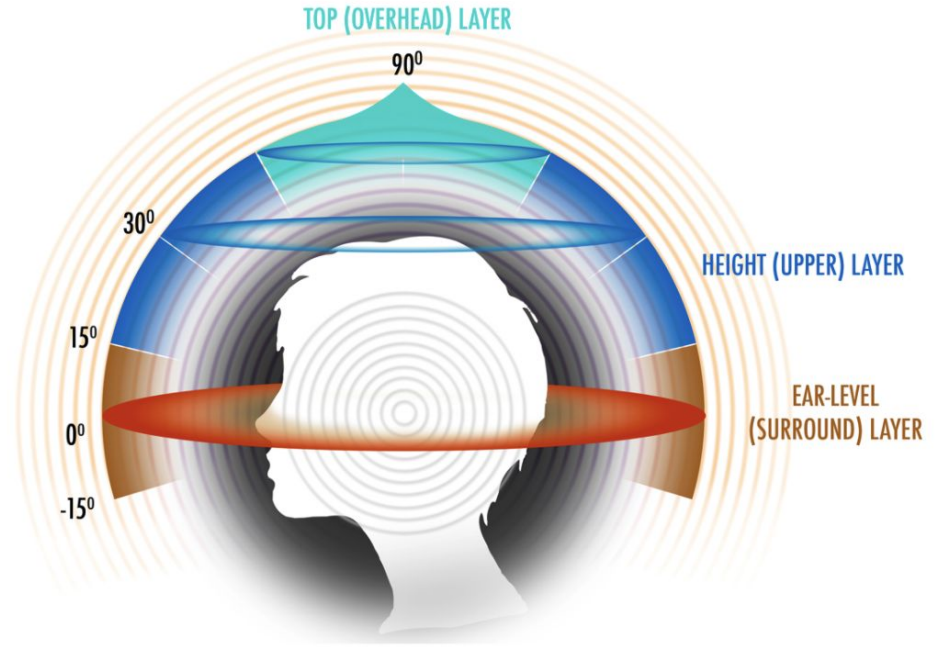
Infusionarium footage



tech highlights: audio

360° immersive audio landscape,
synced with environment visual on
the luminous textiles.

Acoustic dampening integrated into
design - so hospital noises stay out
and nature sounds stay in.





design highlight

easily broken down and stored



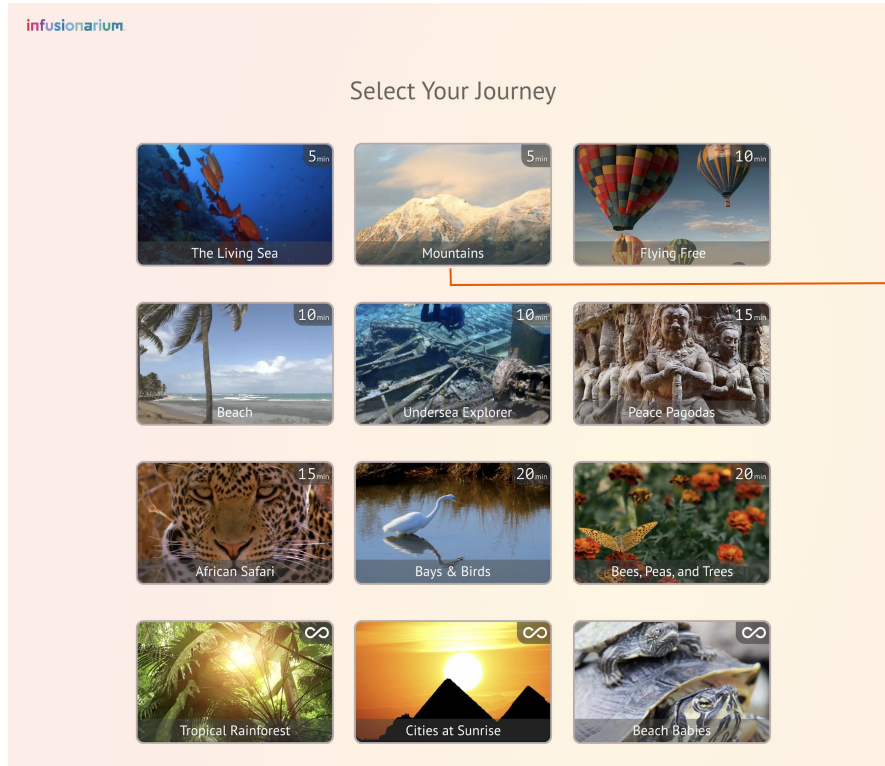
how it works



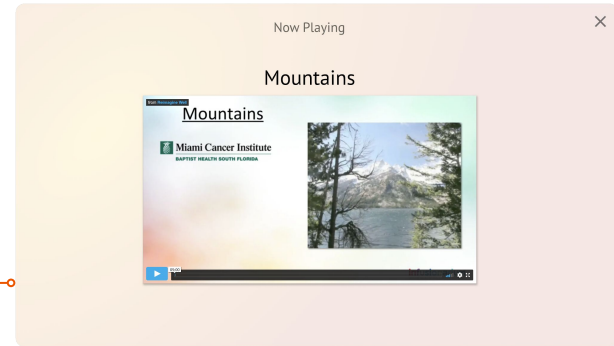
Resiliency Room

interface

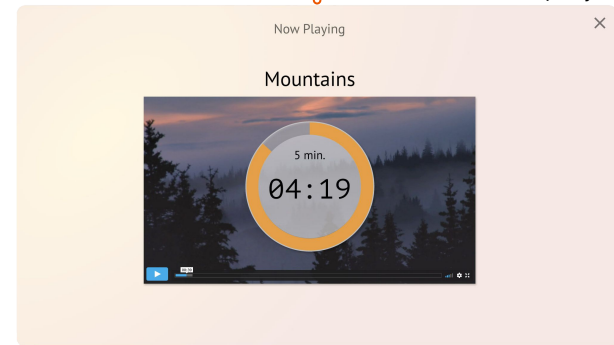
main screen



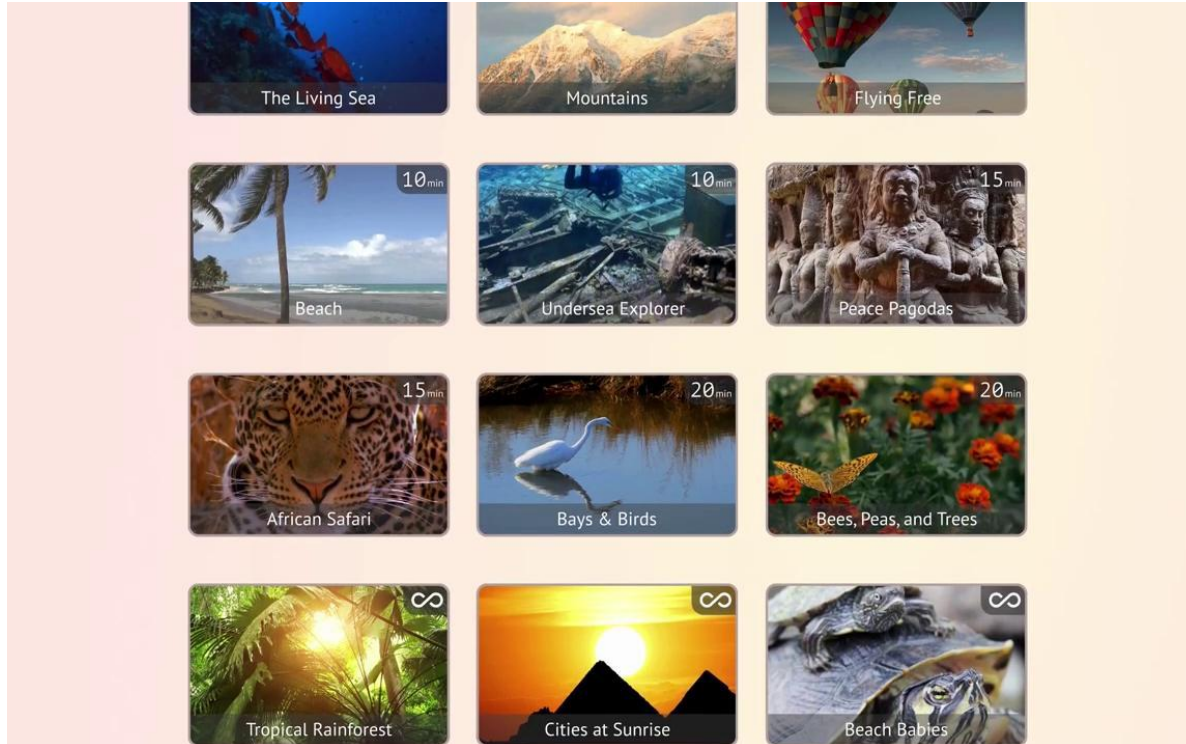
pop-up of selection



timer after "play"



interface demonstration

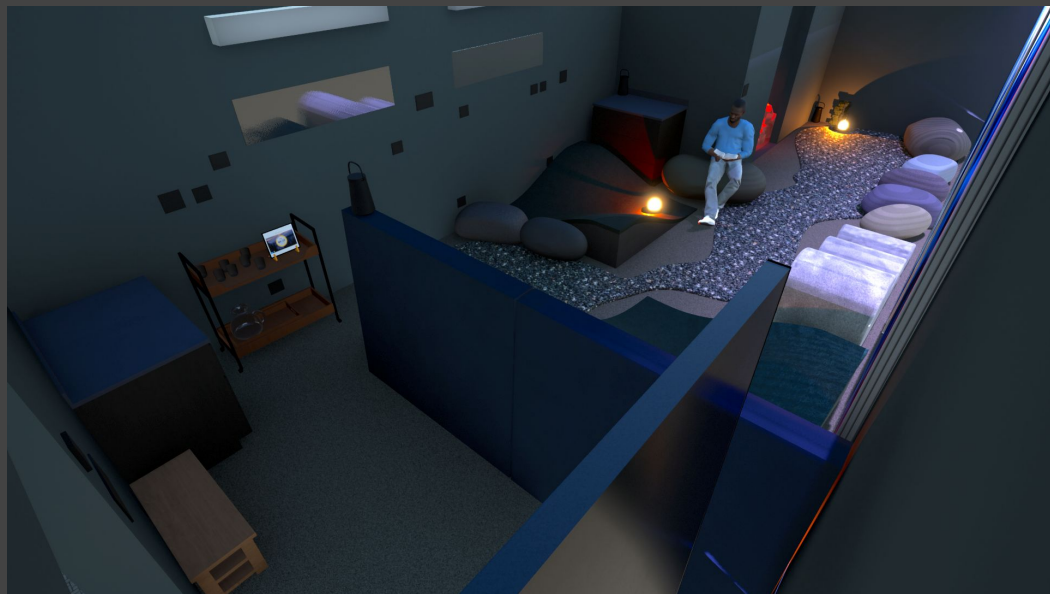




virtual walk-through



render





the experience



Resiliency Room

Resiliency Room Experience: 01

Peggy's escape to the beach: intro

Peggy is a 40 yr. old nurse who has been working at the same hospital for over 10 years. This past year has been the toughest - it has been the most patient loss she's ever seen. Today, another one of her patients has past away, after battling pneumonia symptoms for the past two months. All she wants is 10 minutes during her lunch break to grieve with a co-worker who is processing similar grief; and to escape from the hospital noises that constantly surround her.

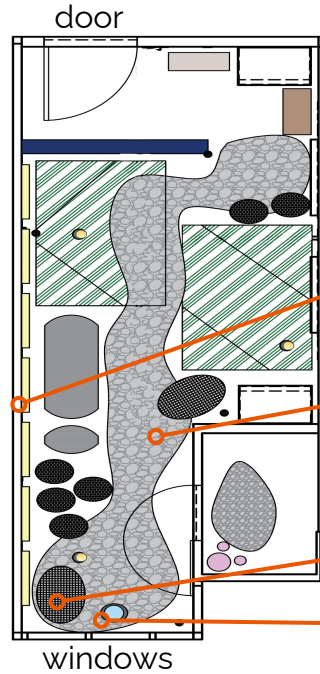


Resiliency Room Experience: 01

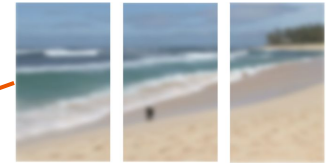
Peggy's escape to the beach: her Resilience Room experience

Peggy enters the Resiliency Room, takes off her shoes, chooses a “Beach Journey” on the tablet, sets the timer for 10 minutes, and makes herself a cup of tea.

As she walks in, she feels like she is entering a dream-like space. The dim-lit, warm lighting immediately brings comfort. She walks along a soft pebble path towards the water fountain at the end of the room. The sound of the water flowing from the water fountain reminds her of the memories with nature, as she loves to hike in her free time. She takes a seat on a rock shaped cushion, and waits for her friend, warm tea in hand, surrounded by the sounds of water and the view of the beach.



Resiliency Room Ground Plan



luminous textiles



felt rock pathway



soft stone chair



bubbling water fountain

Resiliency Room Experience: 02

Michael's Mountain Retreat: Intro

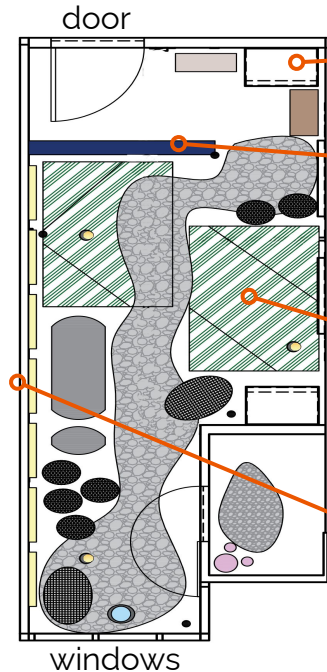
Michael just finished nursing school 2 yr. ago. He wanted to become a nurse after watching his parents struggle with caring for his grandfather, who recently passed away after a long struggle with dementia. He knew he'd be dealing with tough conversations about death and dying, but nothing could prepare him for the year of COVID, where the heartbreaking challenges just kept coming. After having a tough conversation with a patient, all he wants is 5 minutes to collect his thoughts before he moves on to the next patient.



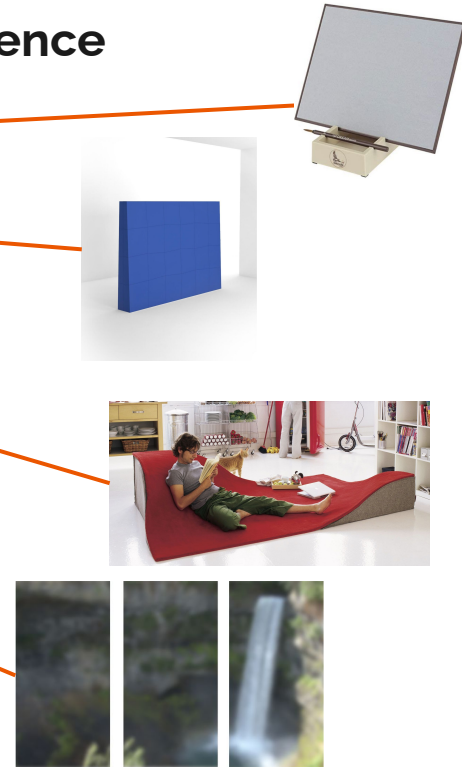
Resiliency Room Experience: 02

Michael's Mountain Retreat: his Resiliency Room experience

Michael opens the door to the Resiliency Room and walks up to a felt covered partition wall resembling a jagged rock cliff. As he walks around this wall, the noise of the hallway and hospital are dampened - and he is separated from the tough conversation he just experienced. As he moves forward into the room, the surface under his feet transitions into a plush soft rug of pebbles -- providing a soft hug to his feet. He is seated on a sloped surface, reminding him of mountains, and he uses one of the tablets/dream boards to paint with water and distract himself. On the walls, abstract videos of mountains fill the room from the luminous textile LED panels, and Michael is transported to the last fishing trip at a mountain stream he had with his grandfather. As the sounds of a mountain landscape surrounds him, he is strengthened by remembering that life is precious, and reminds himself to pull strength from the good memories to move forward and continue to serve other people.



Resiliency Room Ground Plan





Thank you.

