

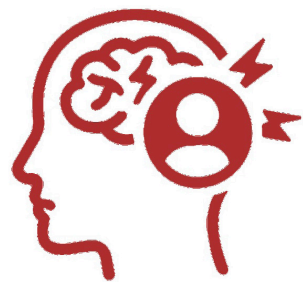


FLIGHT PATH REHABILITATION

Brief
Flight Path Rehabilitation is a specialist rehabilitation and assisted living centre for former Royal Air Force personnel living with Post-traumatic stress disorder. Recognising the profound impacts of PTSD and the struggles former personnel face once leaving the force.

Understanding Post-traumatic stress disorder
PTSD (Post Traumatic Stress Disorder) is a mental health condition that can develop after an individual experiences or witnesses a traumatic event such as combat stress, natural disasters or serious accidents.

Symptoms



Intrusive thoughts



Avoidance

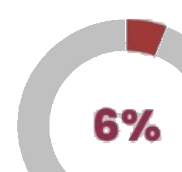


Negative thinking and mood

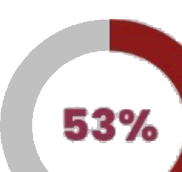


Negative changes in mood

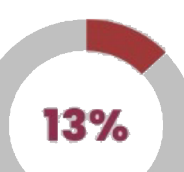
Identifying the problem
Throughout the data collected it was a clear indication that medical discharges was at a high during 2021 and the remaining years, all a leading cause of mental health problems such as PTSD and depression. It is a higher percentage of females that lead to having PTSD after service than men.



Percentage of men that have PTSD after service



Medical and behavioral discharges within the RAF 2021



Percentage of women that have PTSD after service

Conceptual approach



Design approach

The floor plan evolves around biophilic and salutogenic design principles. The following specific 6 universal design principles have been applied to cater towards the correct needs of the clients. Together they promote emotional well-being, connection and is easily accessible.



Biophilic elements are added around the site as it is proven to emotionally improve resilience. By integrating this approach it respects the dignity and humanity of the individuals during recovery, offering spaces of tranquility and peace. Elements such as natural light, natural materials, and views of exterior green spaces helps by playing a big role as a stress reducer.



Larger group settings are located throughout the building, to provide social connection, emotional support and a sense of normality. Communal games rooms, group rehabilitation and quiet spaces are added into the building to provide shared experiences whether it be through informal conversations or recreational activities.

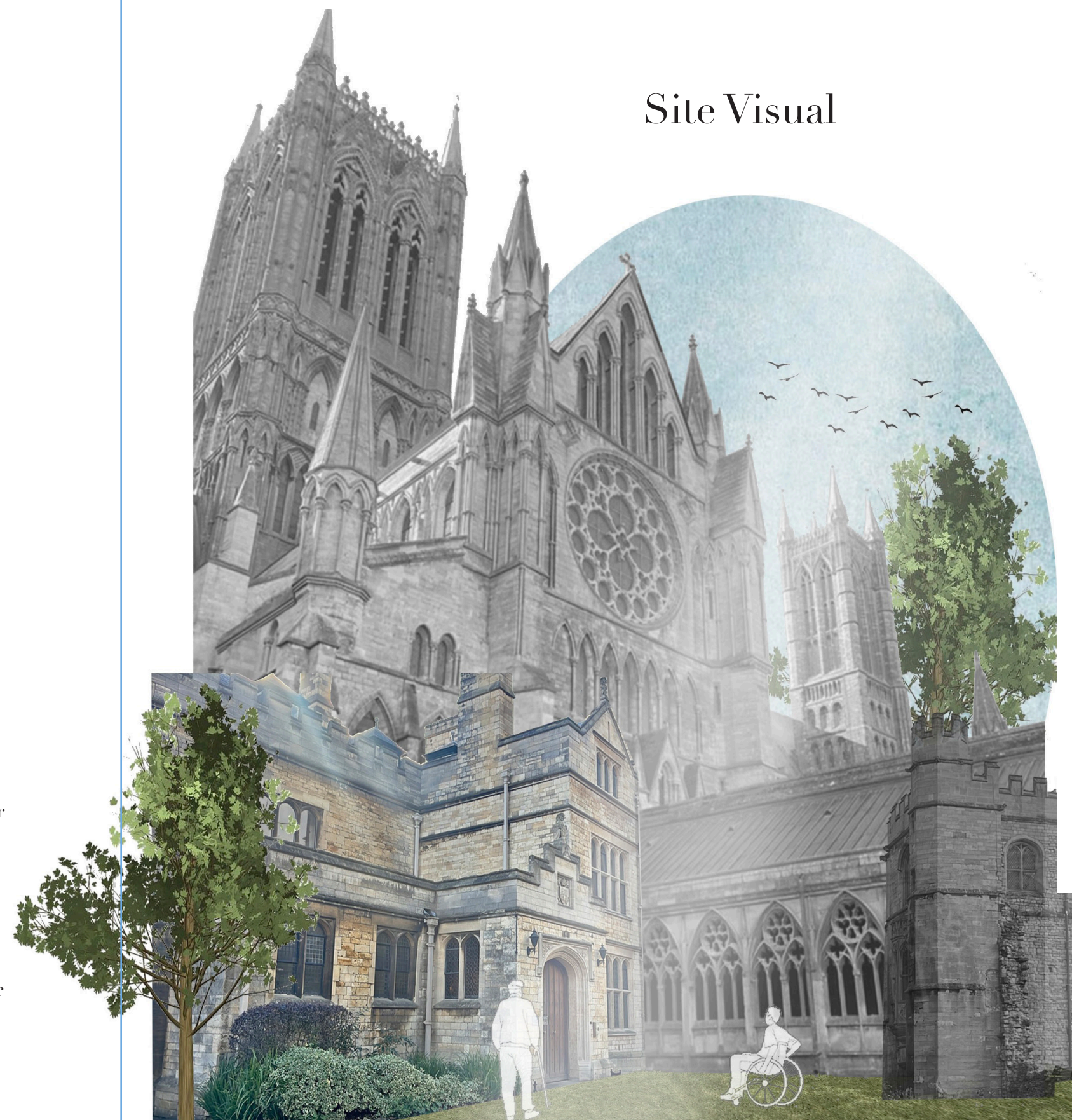


Familiarity throughout the layout, colours, objects and pictures serve as a sense of comfort, security and control. Spaces in which feel familiar hold a sense of normality and dignity. All the rooms that are provided are fully customisable and can cater to their needs. It also helps support independence allowing users to feel comfortable at all times.

Materials



Site Visual

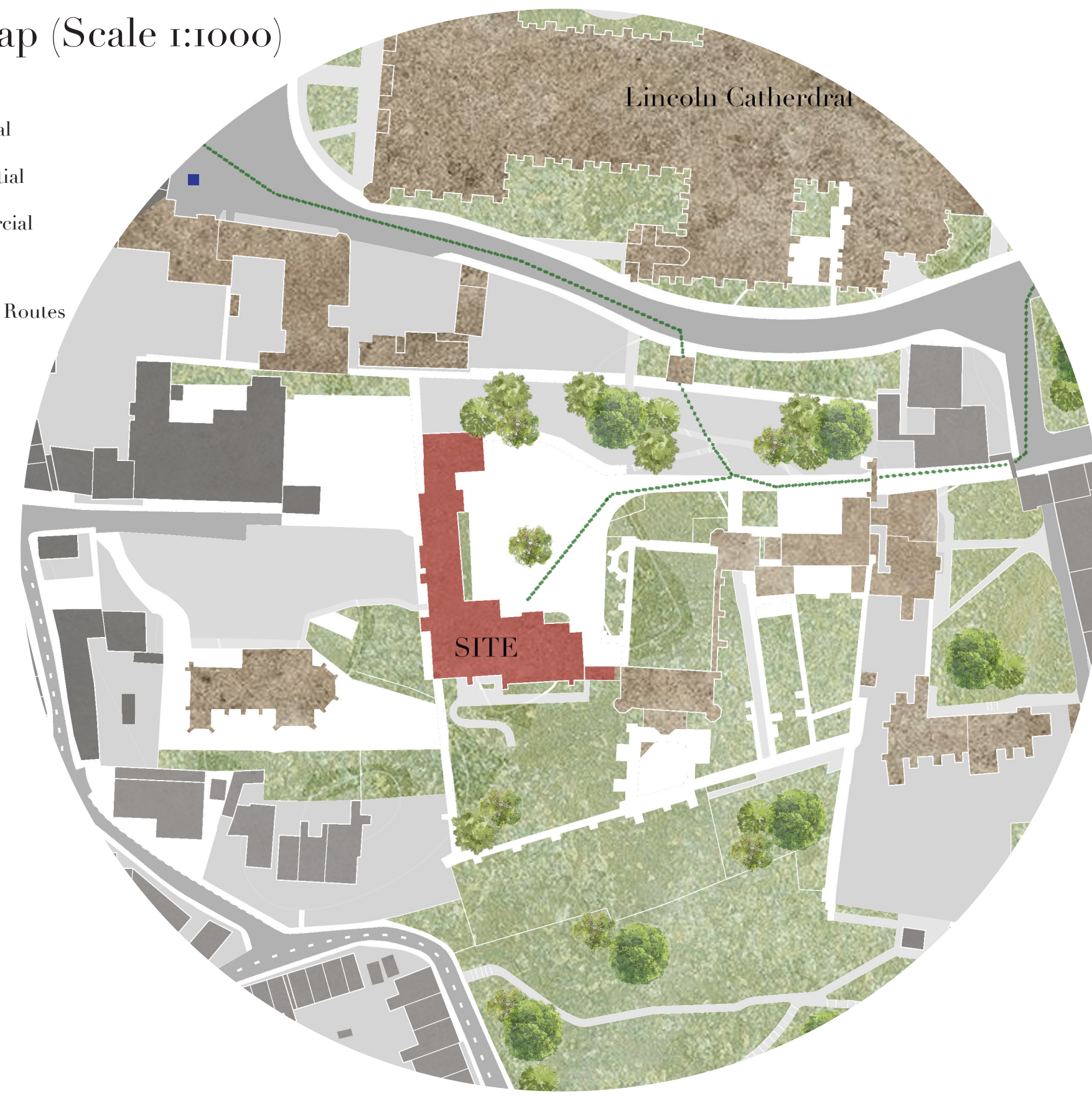


The location of the building is situated in the historical Bailgate, with surrounding buildings such as Lincoln Cathedral, Lincoln castle, Newport arch and the old Bishops castle. The rich and scenic views offer feelings of happiness and a sense of wonder.



Site Map (Scale 1:1000)

Site
Historical
Residential
Commercial
Bus stop
Walking Routes



Location: Edward King House, Minster Yard, Lincoln LN21PU

Lincoln is a historic city located in the east of England, known for the historic Lincoln cathedral and medieval castle. The location of the building is a 15 minute walk from the nearest bus station and is easily accessible to all via cars and buses.

Communal games room 1



2 Top floor of Communal games room



Section 2 (1:100 scale)

