

The world I would like to live in

# DOSSIER



A home for everyone at every moment of their life **An important way to help the environment** Bird, for the weak members of society: the fruit of a policy focused on sustainability **An original "senior-friendly" insight** A zero emission house **Remembering: arch. Ettore Zambelli** An excellent Establishment **The company and technological innovation** Living well and aging better: bio-building and domotics serving the elderly **The municipality: how protection levels are guaranteed** The importance (and prestige) of being Bird

## BIRD:

### A SOCIAL MODEL OF BIO BUILDING

"The world I would like to live in" is the publishing series of ALER, Azienda Lombarda per l'Edilizia Residenziale di Brescia, which uses its DOSSIERS to offer readers an analytical and detailed picture of the more significant social and environmental improvement projects in the Province of Brescia. The main player of this first edition was **Bird Project** which witnessed the opening of a veritable "home of the future", in other words **the first public residential building** made up of 52 apartments destined to **seniors** and built according to the criteria of biobuilding, bioclimatic architecture, energy-saving and home automation.

The project was conceived and initiated by **Aler**, who took charge of coordinating the planning and construction in close synergy with the **City of Brescia**, which made available an area in Sanpolino by modifying the zoning plan to favor bioclimatic building, and with **Regione Lombardia** which invested €4 million.

This is a piece of the modern history from which we can glean precious ideas to ponder and teach others how to imagine and design a **livable world**, a world that is capable of interpreting the real needs of society, a world for humans. In other words, **the world I would like to live in.**

Pgs. 04-05



### A HOME FOR EVERYONE AT EVERY MOMENT OF THEIR LIFE

The Bird Project: 52 apartments created with biobuilding criteria, energy-saving, bioclimatic architecture and home automation.

The Aler of Brescia, in collaboration with Regione Lombardia and the municipal government of Brescia, in the pursuit of its mission to serve the weaker members of society in the sphere of life that is as essential as it is delicate like the home, undertook an experimental and totally innovative project called "Bird". This project involves the design and building in the city of a veritable "home of the future". **It is the first public residential building made up of 52 apart-**

ments for senior citizens built according to the criteria of biobuilding, bioclimatic architecture, energy-saving and home automation.

The City has made available an area in Sanpolino, which also involved modifying the zoning plan, in favor of bioclimatic construction, while Aler took charge of the intervention, coordination, planning and construction.

This project is one more important step in the direction of sociality and civility, in other words a step that can lead to homes for everyone, in every phase of their lives. This project is even more significant if, in addition to its direct effects, we view it as the first experiment of its kind and the fact that the Regional Authority has invested €4 million in it.

This is a nice acknowledgment for Brescia and for our Company, which was recognized for having all the most favorable capabilities for designing and building in a way that is absolutely innovative and more respectful to health and the quality of life. After all, the capabilities of the Aler of Brescia in its achievement of these goals are widely recognized even throughout Europe.

*Emidio Ettore Isacchini*

*President of Aler, Azienda Lombarda per l'Edilizia Residenziale di Brescia [Lombard Company for Residential Construction of Brescia] which designed and coordinated the construction of BIRD.*

## Pgs. 06-07



### AN IMPORTANT WAY TO HELP THE ENVIRONMENT

BIRD brings to the attention of the general public – and not only the operators of this sector and/or potential tenants – the complexity of the problems involved in biobuilding, bioclimatic architecture, energy/water savings and home automation. What is meant by it?

Simply (but not to oversimplify: this issue is weighty and challenging) “In the building process, the use of materials, procedures and methods that respect the health of the inhabitants, possibly materials of natural origin, **with low environmental impact**, a high coefficient of reuse and recycling and low environmental cost for disposal or conversion when it is demolished”.

Bioclimatic architecture is characterized by buildings that use components that can **fulfill energy functions such as the catchment, accumulation, storage and return of solar energy**. Even cooling is usually obtained **by natural means**. Obviously the intention here is to minimize the use of nonrenewable sources of energy. Bioclimatic buildings are based conceptually on the study of the relationship between environmental conditions and the best conditions of comfort for the inhabitants.

To this end Aler Brescia already has experience in “ecological housing” built in Coniolo di Orzinuovi (Progetto Greenbow) which won the Company the prestigious National Palmarès Award of Federcasa.

The focus on energy and water saving is the natural next step towards that type of planning. According to Enea, homes make up **45% of our national energy requirements** and therefore produce the resulting carbon dioxide. What is more, of developing countries usually Italy has **one of the highest levels of specific consumption per m2 and degrees [of heat] per day**. It is a trend that must necessarily be inverted and it can be done by combining **bioclimatic engineering and adopting thermal insulation devices** that are much more efficient than the ones commonly used today.

*Lorella Sossi,*

*General Manager of Aler Brescia*

### BIRD, FOR THE WEAK MEMBERS OF SOCIETY: THE FRUIT OF A POLICY FOCUSED ON SUSTAINABILITY

The municipal government, as is known, has given special attention to the social needs of the population, in particular its weaker citizens, both young and old. From this point of view the City of Brescia boasts a long tradition and myriad experiences and

projects, as well as a high level of awareness and sensitivity that are time-tested and widely recognized. The same rationale and policymaking apply to the Bird Project, which sets out to become – in an environmental and social area of great value – an engineering solution of remarkable sustainability, following the guidelines and policies that have always been practiced in Brescia. To exemplify we would like to point out its policies on waste and thermal utilization, cogeneration, drinking water treatment, the planning standards designed to incentivize bioarchitecture and biobuilding; other initiatives have been initiatives aimed at fostering and implementing the use of renewable energies, as was done in the new economic-low-cost housing of Sanpolino, near the area of the Bird Project. For all these reasons the municipal government contributed with strong conviction to lay out a project of great importance with notable results in terms of the capability to meet our complex and differentiated social demand.

## Pgs. 08-09



### BIRD: AN ORIGINAL “SENIOR-FRIENDLY” INSIGHT

BIRD is an original idea with which Regione Lombardia during the last legislature combined experimentation and sustainability in its housing policymaking; specifically it built 52 apartments and a Neighborhood Service Center that achieved Energy Class A+ certification.

The building of this “home of the future” relied on a considerable amount of experimentation in terms of quality and innovation in public residential buildings in the arena of biobuilding, bioclimatic architecture, home automation and energy-saving. Underlying this original insight was this study requested by Regione Lombardia and conducted by the Milan

Polytechnic. It started with the needs of the recipients of the project (self-sufficient seniors) and defined an “**innovative model of eco-sustainable building**” in which the users’ needs coincided with the requirements of the environmental and technical system.

The realization of this idea was then made possible thanks to the efforts of Regione Lombardia, the City of Brescia and ALER of Brescia who succeeded in translating its innovative content into a “senior-friendly neighborhood” by means of a specific Program Agreement implemented in the course of the past five years.

Thanks to the numerous national and international acknowledgments it has obtained, **the BIRD prototype is reproducible in its organization/layout** which harmonizes lower consumption levels with nonrenewable energy and raw materials, the reduction of polluted discharge/drainage, reduction of the amount of waste produced, the use of local resources and a better use of the existing infrastructure.

*Mario Scotti,  
Councilor for Public Works and Housing of  
Regione Lombardia*

## Pgs. 10-11



### A ZERO EMISSION HOUSE

ALER Brescia had acquired important experience in sustainable architecture, even before the BIRD project, thanks to the “Ecological House” built in Coniolo di Orzinuovi (Greenbow Project) which earned the company the prestigious national award, the Palmarés by Federcasa, several years ago.

Now recognition has come for the BIRD Project, the idea of Prof. Ettore Zambelli, a native of Brescia, instructor at the Milan Institute of Techno-

logy, who has suddenly departed. **The architect Ivan Ciocchi and the engineer Danilo Scaramella worked on the BIRD for ALER Brescia. Prior to the same project, a research commissioned by the Lombardy Region was conducted on sustainable building by Prof. Gianni Scudo of the Milan Institute of Technology.**

**The engineer, Scaramella, goes into a few of the project’s details.** “The innovation in particular – he explains – is the dry masonry without the use of concrete. Basically, it is a way of making a production process industrial that, at least traditionally, is not. This approach was tried in the 1970s with heavy pre-fabrication; but this was soon found to be unsuitable for housing building and is only used now in industrial sheds.

The BIRD structure is built essentially in steel for the part above ground. Using fitted horizontal and vertical profiles, it is possible to obtain a high degree of thermal insulation without having to make use of excessively thick outer walls.

Thanks to the materials and thicknesses used – a lot of wood and mineral fibers – **the walls’ thermal insulation has a U value of 0.15 W/m<sup>2</sup> °C** (Watts per square meter and degrees centigrade): an important savings if compared to the 0.8 W/m<sup>2</sup>K required for the limits set by law 10/91 in use at the time the building was being designed.

**The residential building was also designed to make the most of solar input**, that is, to take advantage of the heat coming from the sun in the winter and reduce heat intake in the summer, the **self-shading** obtained by the building’s single sloped roof covering. Two among the many aspects are important: an **air recirculation system** has been built-in that makes use of the outgoing hot air; **the entire complex is off-limits to motor traffic.**

Upon completion of the residential building a complex was built that includes a small **gym, walkways and meeting places** suitable for guaranteeing services for the elderly and contributing to the basics of a lifestyle with active relationships.

There is even a **large common garden** replete with resting places, paths and bocce pitches that offers residents the opportunity to enjoy themselves in a comfortable and safe environment.”

*Photo:  
on page 11:  
the staff of designers and directors of the BIRD: (from left, standing) Danilo Scaramella and Ivan Ciocchi from ALER Brescia, (from left, seated) Oscar Pagani, Ettore Zambelli and Matteo Ruta from Studio Aiace srl of Milan.*

*Other collaborators include: Claudio Aperti and Arno Pasini from ALER Brescia, Angelo Bettoni and Roberto Scarsi as procedural managers and Francesco Passi as safety coordinator.*

*on page 12:  
a look at the photovoltaic panels and the steel structure.*

## Pgs. 12-13



### THE HOUSING

The houses are small in size, from 36 to 52 m<sup>2</sup>, as they are intended for use by elderly couples or individuals. All of them have a greenhouse of about 6 m<sup>2</sup> that opens onto the living room and a portico or terrace facing south.

The greenhouses, protected in the summertime by the abundant overhang and adjustable shutter systems, may be opened completely for cross-ventilation. There is also air-flow beneath the metallic covering, which is raised above the housing and acts as a shield against the summer solar radiation.

The building technology used includes a load-bearing structure in pressure-bent metal profiles and wind-bracing blades in reinforced concrete. The internal casings are made up of frame walls covered by drywall or in cement and wood. The vertical panels are made up of insulating layers protected by an externally ventilated siding in ecological fiber cement. Continuous insulation is provided by wood fiber panels completely without heat bridges. The slanted or sloping roof is made of insulated metallic panels, treated for noise reduction.

## REMEMBERING

The BIRD Project began as the idea of the architect Ettore Zambelli, a native of Brescia who lived in his adopted city of Milan in his capacity both as instructor at the Ambrosiano Institute of Technology and as the proprietor of an important professional studio. Fate, however, decreed that he should not be present at the inauguration of the building he had conceived and created with the technical service of ALER Brescia (Ivan Angelo Ciochi and Danilo Scaramella).

Zambelli departed this life on the first day of 2010, amidst tears, emptiness and consternation from colleagues and friends. He was born in 1940.

**His creation of AIACE S.r.l. (Architecture and Engineering for Eco-compatible Environmental Building)** had by 2002 already anticipated the themes of sensitivity and attention to all aspects of environmental and energy sustainability in their polyhedral complexity. **Full Professor of Construction Elements Design** in the Engineering Building-Architecture Department of the Institute of Technology in Milan, was Chair of the Engineering Building-Architecture field of study from 2001 to 2007 at the same University. **An expert in technological and operational planning**, his last research activities principally dealt with dry layered construction and its impact on the building process and the environmental sustainability of the work.

He was a **member of the Coordinating Group of the Building Industrialization Project (PRO/IE)** of the National research center (CNR) (1968/71) and **Coordinator of the sub-project "Project Innovation" of the Finished Building Project of the National Research center (CNR) (1988/98)**. He was also a member of the Scientific Council of the ICITE/CNR (Central Institute for Industrialization and Building Technology) (1987/95).

As a **correspondent of the CIB (Conseil International du Batiment)** for AIRE (Italian Association of Building Studies and Research) (1971/74) and an expert at CER (Residential Building Committee of the Ministry of Public Works) for residential building materials (1977/81) he was co-director of TECNOCASA, an applied research company for industrialized building (1974/1981).

He was a **member of the Technical-Scientific Council of the PCQ – Inter-university Construction Quality Project Center –** (Institute of Technology in Milan, Institute of Technology in Turin, University of Ancona). He was scientific director of the series "Architects and Technology" published by Be-Ma; scientific director of the series "Guide to Design" published by Be-Ma; a member of the Scientific Committee of the magazine "Arketipo" published by the newspaper 'Il Sole 24 Ore'. He was **author of different projects of medical, residential and school buildings**. He was responsible for the new hospital center of Versilia, the new hospital of Valdichiana Est di Cortona, the restoration and enlargement of the hospital of Ceccarini di Riccione, the new Silvestrini Hospital Center of Perugia, the experimental eco-sustainable Children's Center Don Leandro Rossi in Lodi, the school complex of Monzambano (MN), the school in via Brivio in Milan, the elementary school of Solaro (MI).

*Photos:*

*on page 12:*

*A detail of the façade and layout of a house (at top), a technical drawing (left).*

*on page 13 (from top):*

*a cross-section of building "A", a sun path study, some three-dimensional renderings of the services building and the whole project.*

## Pgs. 14-15



From Oscar Pagani -Studio AIACE srl Engineering Company

## AN EXCELLENT ESTABLISHMENT

The primary goal behind the beginning and subsequent development of the BIRD Project was the creation of an excellent establishment, patterned on an eco-sustainable building, capable of being replicated in other projects both similar and different.

In this sense a holistic approach to the design was favored: not just energy savings (though it remains one of the basic characteristics), but also **user comfort and less use of non-renewable resources** in favor of those which are sustainable as well as keeping the user central in every aspect (thermohygrometric, psychological, etc).

It is an approach capable of substantially improving the overall quality of the project as has been demonstrated in other creations, even those of different types (schools, offices, hospitals).

The first fundamental step for determining the objectives of the work was its **metaplan**.

In this phase use was made, by expanding upon it, of a document aimed at sustainable design developed at the Milan Institute of Technology (Prof. Ettore Zambelli, Prof. Gianni Scudo) and set out in performance sheets, with the goal of promoting the quality of the project. Constant reference was made to this document during the entire planning process (and the construction as well), in such a manner as to translate the requirements defined by the metaplan into the technical elements with the desired performance.

For this reason the planning process was set out in steps:

- **Environmental analysis:** study of the microclimate to determine the energy savings strategies;

- **Location analysis:** in order to use in the best possible way the strengths of the project site (optimization of positioning for exposure to the sun and use of natural ventilation);

- **The building system, known as a "climate sensitive building"**, which makes use of all of the most efficient strategies according to the season (collecting and preserving in the winter, protective in the summer).

A primary role was given to the **Dry Layer Technology**, the use of which allowed high quality and performance standards of the elements in the work, quick assembly, systems integration and easy recycling of the materials to be attained. Another innovative aspect of the BIRD Project was the use of dry technology not only for the panels and internal divisions but also for the **load-bearing structure**, with excellent results. It can thus be concluded that the BIRD Project is a peculiar example, almost a pattern, of a design that has been carefully attentive to

both recent eco-sustainability issues and to the maximization of the user's physical and psychological comfort. It is architecture that seeks to promote and encourage social moments.

*Photos: simulation of light inside of a house, a three-dimensional rendering of the landing and (bottom) the complete plan.*

## Pgs. 16-17



### THE COMPANY AND TECHNOLOGICAL INNOVATION

**From Michele Fabri, owner of GPL Construction, the company based in Ancona in charge of realizing the BIRD Project: "With this project we found ourselves facing a new and difficult challenge economically, but with the right amount of risk and desire for experimentation that defines us. We accepted".**

The first objective was that of completing a work yard that had got off on the wrong foot.

We found the encouragement to begin on the work yard in the great determination and common sense of the ALER administration, and especially from Danilo Scaramella and Claudio Aperti, who were always available to work together with us on improving an innovative and ambitious project that required ongoing modifications during its construction.

So, to construct the BIRD we were most interested in improving the structural efficiency, simplifying the steel grid framework and using more economically innovative solutions with greater performance results.

In order to create the covering space we knocked the dust off an old idea from Alessandro Balducci of the Marche Technical University and built a spatial covering that for the first time used only commercial profiles. After this experience we decided to patent

it, so that it is now protected internationally.

The second evolution of the project, which was certainly the most extreme proposal made to our work management, consisted of abandoning the district heating in order to push the BIRD Project towards verso energy self-sufficiency through the use of exclusively renewable sources.

We wanted to send a strong message and to do it we proposed these changes with no cost to the administration, seeing as we firmly believe that the future of building lies in energy sustainability. There could not have been a better opportunity to concretely demonstrate our belief if not with this ambitious project of the late Prof. Zambelli.

The facility project was thus changed with the collaboration of Enrico Cappanera and Claudia Bettelli from the Elleci Progetti Studio of Ancona, inserting heat pumps, geothermal sensors, dissipaters, solar heating, photovoltaic panels and heat exchangers for the force ventilation of each single dwelling.

Thanks to these modifications and the use of only natural and recyclable products, we were thereby able to obtain the ambitious result of the Casa Clima A+ rating, even though the project had begun in class B.

The zero impact construction, in addition to being ethically auspicious, has the advantage of being extremely convenient from an economic standpoint which will be shown over the entire life of the building. Notwithstanding this there are still very few public and private buildings the size of the BIRD that can boast this type of performance. We actively hope that the passion that sets us apart for excellence and innovation in building will find more and more commissioners willing to take risks like ALER Brescia did on this occasion.

Following this experience and the development of other similar projects, GPL Costruzioni Generali Srl joined the Italian Green Building Council promoting the philosophy of the international LEED™ certification on the Italian market.

I would like to dedicate a special memory to the late Prof. Zambelli who, along with the staff of the AIACE srl studio, Oscar Pagani, Matteo Brasca and the others always demonstrated a

great passion for architecture and innovation, not just on the design drawings but through active participation with the development of the work yard, in this case supporting our best proposals without the slightest hesitation."

*Photos: on page 16 (from top): construction of the residential framework, placing the dividers, external insulation, radiation panels and geothermal sensors. on page 17:*

*Claudia Orazi, Michele Fabri and, in the center, Xbema Arra from G.P.L. Construction of Ancona.*

*Positioning of the spatial covering of building "C" used for services.*

## Pgs. 18-19-20-21



### LIVING WELL AND AGING BETTER

### BIO-BUILDING AND DOMOTICS SERVING THE ELDERLY

**Beginning with the identification of the characteristics and needs of the work's users (self-sufficient elderly people), a framework was created that drew together the use requirements with those of an environmental and technological system.**

The study desired by the Region of Lombardy and realized by the Milan Institute of Technology (Professors Scudo and Fontana and the architect Mosca) led to the creation of a document aimed at planning the BIRD Project.

The contribution of consultants and various sector experts up to the phase

FROM THE USERS

of defining the preliminary project led to the defining of an overall and strongly inter-connected view of the project.

**The presence of a very experienced geriatrics doctor, Dr. Guerrini,** in the work group led to decisions being made, that were aimed at greatly improving the quality of life of the future users.

The aim at the beginning of the planning was that of a building **with the lowest level of heat dispersion possible.** Thanks to the technology of domotics, the entire construction contains easy to use support and automation devices for the special group of users. These minimize the risk of excluding the elderly from using important tools with a social purpose.

**Ethernet** exists in every house and connects each apartment to the building switch, permitting a mix of the services offered which are most suited to the individual environment inside of the apartments and dwellings. The network provides all of the modularity necessary given the complexity of the needs that are desired or must be faced and the services that can or must be supplied. The network has a large enough bandwidth to support various video-interactive services. The Ethernet also allows for (where it is desired) the video-monitoring of all of the common areas (cellar, garage, external entrance).

**A radio frequency system** controls all of the alarms sent by individuals whenever they may be inside of the residence. The system supplies a non-invasive security system and is a solution especially appreciated by independent people.

**The devices can be remotely control** (the remote control is paired with an infrared pointer) the front door, the shutters and some lights.

There is an **alarm system** inside of each house which monitors life signs. The system controls up to five sensors per house: when a preset period of time has elapsed without any form of activity on the part of the resident, the system sends an alarm which leads to a check of the situation.

## GREEN SPACE

The decision to create a green space among the buildings makes up one of

the basic elements in the quality of the residence and the defining of a favorable microclimate. The outside settings have been thought out to favor their use by the elderly, with a lot of shade in the summer and meeting places like bench areas and a pitch for playing bocce. The presence of comfortable and equipped paths and the absence of motor vehicles contribute to encouraging their pedestrian use which is also therapeutic.

## WATER CONSERVATION

The municipal urban plan provides for dispersion of rain water in the first layer. Reuse of the rain water collected by the street system (not the first rain water, however) is also foreseen. It will be used for waste containers and garden irrigation.

## ENERGY SAVINGS

Following adoption of the ENERGY CERTIFICATION system by the Region of Lombardy, in use since 1 September 2007, the goal has been the realization of a class A+ construction, which means a consumption < 14 kW/m2 per year.

## DOMOTICS AND THE ELDERLY: ANOTHER WAY OF LIVING

The increase in the average age of the population has necessitated increased use of automation by the elderly. In fact, the progressing needs of the elderly have led to the creation of technological solutions which make life more comfortable and secure. In the automated house a simple remote control device can operate the lighting, security, telecommunications, heating, air conditioning and more generally, anything that runs on electricity.

Here following are several technological solutions – in a general presentation, not necessarily all connected with BIRD – that allow for the organization of a house on a "scale of years".

**Automatic shutters:** the application of a small motor with the window shutters allows them to be raised or lowered by pressing a button;

**the electric stair climber:** is a footpad or arm-chair attached to the flight of stairs which allows one to go up or down the stairs while seated;

**the bath tub lifter:** is a small seat in-

side of the tub which can be raised or lowered by remote control;

**the electric bed:** is a bed with collapsing sides, without angles and equipped with a motor that permits button controlled height adjustment;

**the video doorbell:** allows one to respond to the doorbell and see to whom one is speaking; it may be installed in every room and permits easy opening of the door;

**voice commands:** simple voice control for all of the household electric and electronic devices.

Altogether, another way of living.

*Photos:*

*on page 18:*

*inside garden pedestrian path.*

*on page 19*

*At top:*

*the glass façade facing south for solar energy use in the winter.*

*on page 20:*

*(top) a view of the common area with the bocce pitch*

*and (bottom) building "C" used for services.*

*on page 21: detail*

*Of a building and two thermographs.*

## Pgs. 22-23



## THE MUNICIPALITY: HOW PROTECTION LEVELS ARE GUARANTEED

Social services, as is well-known, make up the entire range of activities that should always ensure the social rights of citizenship and equal opportunity. For this reason their purpose is that of preventing, removing or reducing individual and family conditions of necessity and discomfort that arise from insufficient income, social difficulty and situations of loss of independence. It is for this reason that the Municipality steps in to provide services, together with other entities that make up the social protection network: volunteer associations and social promotion entities, social cooperatives, foundations, religious

bodies, patrons and other private parties.

In the case of Brescia and the BIRD Project, the relevant provisions and acts include the designation of several housing units for "care providers for the purpose of improving security and increasing social life inside of the structure".

The result is that in the BIRD complex four housing units are provided for the housing of support families. The Municipal Department of Social Services has designated three levels of action for the complex. They are summarized on the following pages.

### FIRST LEVEL OF PROTECTION:

#### FAMILY CARE PROVIDERS

The protection roles of the care provider family, which can be summed up as "being a good neighbor" are integrated with the other protection levels that have been established to ensure the protection of elderly residents. The care provider families represent the "service of protection and being a good neighbor" and are connected to the social services network and not to that of housing policies. This is the way in which the Municipal elderly services handle its interviews with candidate families.

The providing of care and being a good neighbor consist of:

#### SUPERVISION AND CARE

- each family is responsible for 12 houses
- the presence of at least 2 of the 4 families for 365 days
- defining of the rotation criteria: to ensure presence on weekends and holidays
- intensification of care when the social care provider is absent.

#### ENVIRONMENTAL CARE

- keeping house keys
- cleaning of common areas
- indicating power outages
- simple jobs (e.g. changing light bulbs, calling the doctor...)
- presence in the house for special requirements (e.g. when the plumber has been called, medical visits).

#### PROTECTING THE ELDERLY

- daily check that "everything is going well"
- supervision of the infirm
- occasional actions and purchases not programmed by the social care provi-

der (e.g. drugs for sudden illnesses)  
-available for first response (e.g. when an alarm sounds or in case of an emergency call to 118).

#### COORDINATION WITH SOCIAL CARE PROVIDERS AND SOCIAL SERVICES

- agreement with other care provider families
- letting the social care provider know about risk situations
- coordination with the care provider of organizational aspects
- participation on meetings with social services which, especially in the first phase, should ensure important support and control functions.

#### SECOND LEVEL OF PROTECTION: SOCIAL CARE PROVIDERS

This is a person inside of the structure who is more "institutionalized" than the care provider families. The responsibility is entrusted to the same operator of the central Services (where he/she has an office).

The social care provider is present in the morning from Monday to Saturday.

#### MAIN RESPONSIBILITIES

- make simple house visits to ascertain risk situations (influenza epidemics, states of depression) and establish contact with the elderly to listen to their needs
- schedule errands of a continual nature and home delivery services (obtaining prescriptions, purchasing drugs, washing, shopping)
- schedule trips: accompany the elderly person to public offices (Disabled persons Bureau, Social Security (INPS), etc.)
- promote the participation of the elderly in the life of the neighborhood (accompany them to church, to the cemetery, to association meetings or local services)
- organize waste recycling on every flight of stairs so that the elderly are not forced to transport loads for long distances
- organize the management of building greens and the cleaning of common areas
- maintain contact with the social center to organize transportation (visits, therapies...)
- create helpful relationships with shops/sales people for the purpose of

- supplying the elderly better (bread, fruit and vegetables, newspapers)
- distribute information and useful announcements about local services and initiatives
- request the activation of services through the social center (SAD, meals on wheels...).

#### THIRD LEVEL OF PROTECTION: REMOTE CALLS FOR ASSISTANCE

This is considered the final level, not the least important. The first priority is the activation of the social network and increased neighborly support.

The division into three levels of protection is fundamental because BIRD is located in a newly urbanized area that cannot count on networks of "natural" social unity and consolidated local associations.

## Pgs. 24-25-26-27



#### THE IMPORTANCE (AND PRESTIGE) OF BEING BIRD

It was significant and gratifying for Aler Brescia to receive another acknowledgment from FederCasa/Palmarés. Likewise our Company was pleased that its successful actions and projects were applauded by Legambiente with the award Premio all'Innovazione Amica dell'Ambiente 2009, the Next Energy Award 2006, and the attribution of energy class A+ by CasaClima. We will discuss these thoroughly in the following pages.

AWARDS & ACKNOWLEDGEMENTS

BIRD is the acronym for Bioedilizia – Inclusione – Risparmio energetico – Domotica [biobuilding – inclusion – energy-saving – home automation]. This Project has led to the construction of a veritable “home of the future”, in other words the first public residential building made up of 52 apartments intended for seniors and built, as stated earlier, according to the criteria of biobuilding, bioclimatic architecture, energy-saving and home automation.

The initiative is so innovative, in fact, that it could not go unnoticed, especially during these modern times when we are vigorously and urgently making an effort to pursue housing policies that make a tangible and essential contribution to sustainability. Consequently in Taormina the Azienda Lombarda per l'Edilizia Residenziale di Brescia was awarded the **Palmarès 2009 Prize** for the Best Project of Environmental and Administrative Sustainability.

It is the second time (after the acknowledgment for its building adding reduced environmental impact in Coniolo di Orzinuovi) that Aler Brescia has stood out for one of its projects.

Other significant projects are illustrated below. In Ancona as part of an important national convention, the Bolzano-based **Agenzia Casaclima** awarded Aler of Brescia the **prestigious plaque attributing Energy Class A+ to the Bird Project** where A means the building will consume less than 30 kWh/m<sup>2</sup> per year and + means that the sustainability criteria were respected in the construction phase, for example by using recyclable materials and non-petroleum-based materials.

**This acknowledgment is particularly prestigious if we consider that, outside the Province of Bolzano where Casaclima certification is mandatory, the rest of Italy has only had 172 buildings certified till now and only three of them (including Bird) deserved class A+.**

## RAI DUE HAS COME TO BRESCIA WITH GALATEA FOR THE HOME OF THE FUTURE

The television program Galatea -- a Rai Due magazine show dedicated to cinema, theater, fashion, design, music, art and architecture that animates television audiences in the late evening hours of Thursdays -- started exploring home automation a few years ago. It illustrated with incredible detail the **Bird Project which Aler was just beginning to implement in Sanpolino**. The broadcast has hosted specials and reportages over the years to present and explore current events, culture and customs from an original perspective, dedicating each show to a specific topic.

## NEXT ENERGY

The **Next Energy Award** is awarded to the contestants a competition dedicated to the topics of energy efficiency and renewable sources, organized by the International Milan Fair with the sponsorship of the Ministry of the Environment and the Kyoto Club.

Six projects won a prize at the first edition of this competition. Among them was a project that is hugely important not only to the citizens of Brescia but, an example once for all, to residences for seniors -- the Bird Project won a prize in the Urban Quarters/Complexes category.

The panel of judges, presided over by Corrado Clini, Director General of the Ministry for the Environment and Protection of the Territory, selected

the best projects that stood out for their innovation, reduction of energy consumption and CO<sub>2</sub> emissions, thermal comfort and formal quality.

## LEGAMBIENTE

**On 10 December 2009 the President of Aler Brescia, Emidio Ettore Isacchini, received the important recognition awarded by Legambiente for the Bird Project.**

The project was considered the most meritorious of the approximately 170 submitted on a national level.

Legambiente judged that Bird could continue a reproducible prototype, in its concept if not in its form, in other Italian and European settings.

The European Commission included it as one of the projects worthy of being exhibited at the International Convention on Fuel Poverty held in Brussels. The action of distributing know-how and monitoring projects will proceed even after the official opening of the building.

Photos:

on page 26:

*The plaque and certification for Energy Class A+ issued by Agenzia Casaclima di Bolzano.*

on page 27:

*The Next Energy Award received in 2006 under the category urban quarters/complexes of buildings built and/or being built and the prize for Environmentally Friendly Innovation awarded by Legambiente and accepted in December 2009.*

We thanks:



Regione Lombardia



Comune di Brescia

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