

Project:

## Metlifecare 'The Poynton' Takapuna

Building Type: Retirement Complex



Metlifecare's latest flagship retirement complex, The Poynton, is located in Takapuna on Auckland's North Shore. Offering outstanding facilities, the spacious up-market apartments provide unrivalled comfort, security and peace of mind.

Objective:

With their knowledge of the positive benefits gained from high levels of natural light in aged care facilities, Metlifecare see daylight optimization as a key design strategy for their residential facilities. The architectural team working on the project engaged HomeTech to design a daylighting solution for the top floor apartments.

Solution:

The areas targeted on the top floor apartments included the kitchen, bathroom and ensuite zones. In the kitchen areas the Solatube 290DS with Vusion diffuser was installed to provide balanced daylight to the general kitchen area, which was located to the rear of the apartment layout. The ensuites and bathrooms were internal rooms and reliant on electric lighting. Solatube 160DS with Vusion Diffusers were installed to provide natural light. Mike Cullen from HomeTech says, "these apartments are often occupied for a most of the day so it makes sense to light them with daylight. There are benefits in energy savings from reduced reliance on electric lighting but more importantly, the incorporation of daylight has true benefits to residents' health and feeling of wellbeing and contributes to a high quality living environment." Studies have shown that a living environment lit predominantly with natural daylight improves sleep patterns, circadian rhythm and mental health. Health care providers overseas have also found exposure to daylight decreases patients length of stay in hospital, lessens agitation among dementia patients and helps to ease pain. (Source: The Impact of Light on Outcomes in Healthcare Settings – The Centre for Health Design, August 2006).

Testimonial:

"Metlifecare have been designing for daylight optimization in our villages for over 15 year. We know the benefits our residents get from natural daylight. Solatube Daylighting Systems allow us to light up darker interior spaces, even the hard to reach spaces where traditional solutions won't work – such as internal bathrooms." Peter Kerrigan, Development Manager, Metlifecare.

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Daylighting Experts:

NZ 0800 SOLATUBE (765 288)

[www.solatube.co.nz](http://www.solatube.co.nz)

Australia 13 16 19

[www.solatube.com.au/pro](http://www.solatube.com.au/pro)

Commercial Projects

New Zealand – [sales@solatube.co.nz](mailto:sales@solatube.co.nz)

HomeTech Solatube | New Zealand

Australia – [sales@solatube.com.au](mailto:sales@solatube.com.au)

PO Box 3429 | Tingalpa, QLD 4173