



DESIGN FOR AGING REVIEW 11

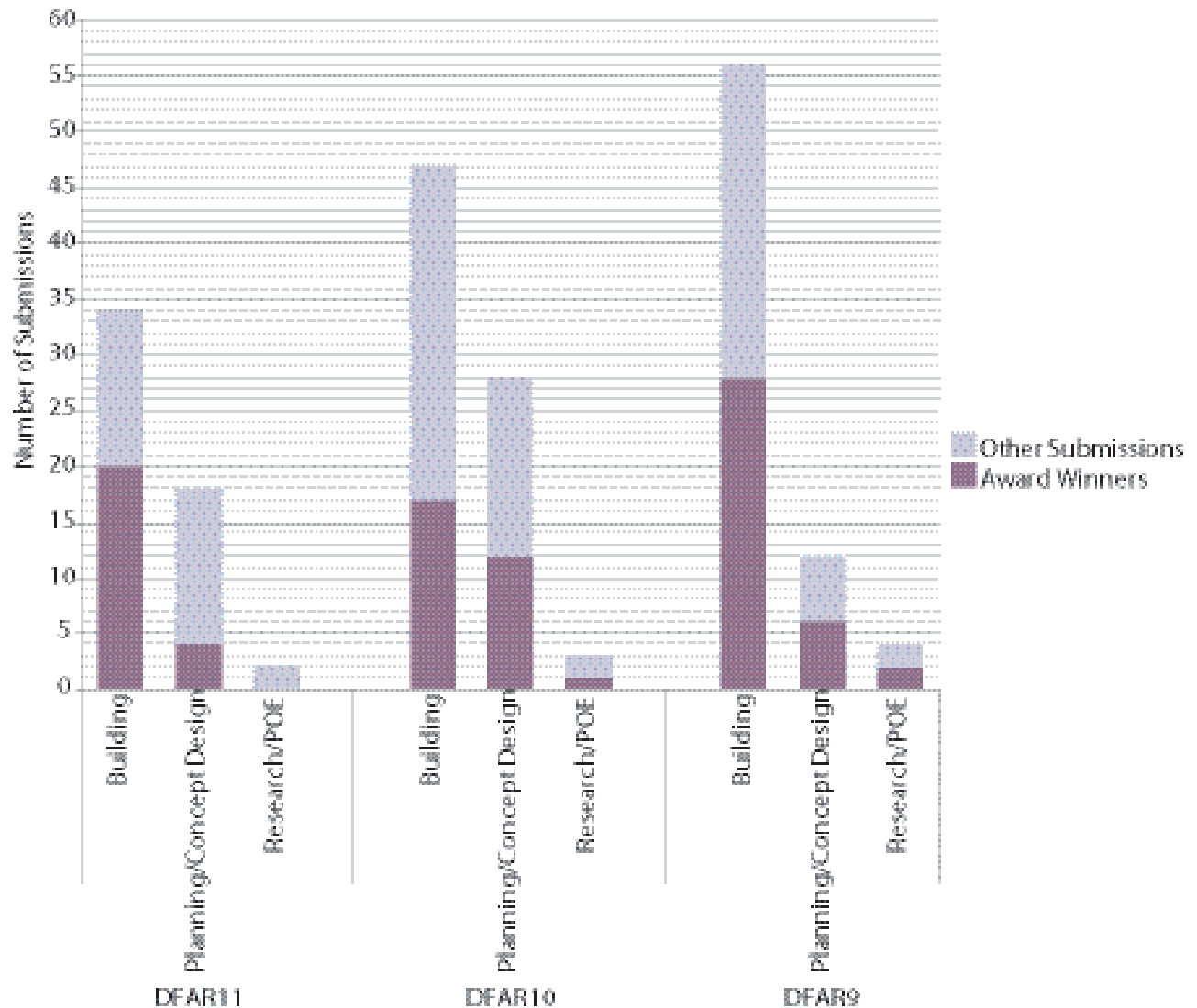
Insights and Innovations The State of Senior Housing



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ABOUT THE AWARDS AND INSIGHTS STUDY



In the summer of 2011, the American Institute of Architect's Design for Aging Knowledge Community conducted its eleventh biennial Design for Aging Review design competition (DFAR11). In total, there were 52 submissions, 24 of which were award recipients. The Building category received 32 entries, with 20 winners. There were 18 entries

to the Planning/Concept Design category, with 4 winners; and the Research/POE category received two entries, with no award issued. This was also the first cycle in which students could submit entries to the design competition. One student winner was chosen.

The DFAR11 Insights Study provides a more comprehensive look at statistics, patterns, and innovations impacting the senior living industry and design community.

The data collected through the DFAR11 design competition adds to the information that has been gathered by the ten previous cycles conducted since 1992. The DFAR11 Insights Study provides a more comprehensive look at statistics, patterns, and innovations impacting the senior living industry and design community. Summarized in this report, the study's findings reflect the changing demands and emerging concepts that are re-shaping today's senior living industry.

The study also supports the AIA's goal of promoting best practices in the industry by going beyond typical post-occupancy evaluations that focus on one building or design concept. By analyzing data from the 50 Building and Planning/Concept Design category submissions, this study investigates many sites across the nation and multiple design objectives—presenting a more thorough explanation of state-of-the-art design solutions to help designers and providers improve the quality of design and the industry as a whole.

In addition to identifying best practices and emerging ideas in senior living design, the DFAR11 Insights Study provides a benchmark from leading-edge, state-of-the-art design

solutions to help architects and their clients “raise the bar” on the quality of design provided to the industry. The study also enhances the awards process by describing what about the award-winning projects makes them unique and what can be learned about the state of the industry, now and as we look to the future.

To share the insights learned from the study, this report is organized into three sections. First, in “Insights and Innovations,” we provide a summary of what is worth noting about the award-winning submissions. Next, in the “DFARs 9/10/11: A Graphic Comparison” section, we report through graphic summaries basic project information about all 50 of the Building and Planning/Concept Design submissions. The last section, “Award-Winning Project Themes,” conveys the common goals expressed by the 24 award-winning entries. Starting with the most prevalent, each goal is reviewed and then illustrated by “In Their Own Words” select excerpts from the submissions, which highlight how the related projects address the common theme. Comparisons to the previous DFAR9 and DFAR10 design competition entries are provided throughout.

INSIGHTS AND INNOVATIONS



Armstrong Senior Housing enhances resident independence and connectivity to the greater community through its ground floor retail and adjacency to the city's newest mass transit rail line.

AgeSong at Bayside Park

Photograph courtesy of: Bruce Damonte Photography

Providing a uniquely valuable glimpse into the ideas that are shaping the future of senior living, the DFAR11 Insights Study identifies commonalities that reflect larger-scale trends and unique features that challenge those trends. Several of the award-winning submissions stand out as leadership projects, reflecting the changes in and evolution of the senior living

industry today. From filling gaps in the continuum of care to increasing the options from which residents can choose, the following are some examples of how innovative thinkers are using the built environment to address ongoing, new, or emerging issues for designers, providers, and building occupants. At AgeSong at Bayside Park (designed by Kava Massih

Urban Resources: Siting and Program to Promote Connectivity

Architects and owned by AgeSong, Inc. and Long Wharf Real Estate Partners, LP), the provider believes that “aging is a resource not a liability, and their goal is to reestablish the role of eldership in the community.” Accordingly, this facility in Emeryville, California uses its common spaces and programming to affirm the presence of the residents in the neighborhood and also to invite members of the greater community in. This reportedly promotes a greater sense of community, as well as “develops a synergy with the surrounding community.”

Jewish Home Lifecare (designed by Perkins Eastman and owned by Jewish Home Lifecare) is an urban adaptation of the Green House® model of care. A site in Manhattan’s Upper West Side

was selected to integrate the facility into an existing, thriving neighborhood. Residents can enjoy a variety of experiences and conveniences right outside their door, including grocery stores, laundries, banks, pharmacies, restaurants, fitness clubs, movie theaters, places of worship, and parks. In addition to common spaces for residents (which are designed and located to encourage public access), the building also houses offices for home health care services as well as corporate offices for the greater community.

Similarly, The Mather South (designed by Solomon Cordwell Buenz and owned by Mather LifeWays) takes advantage of its location in downtown Chicago, with views of Lake Michigan, proximity to public transit, and access to nearby urban amenities,

such as walkable connections to the lakefront historic district. On a less urban scale, the Townhomes on Hendricks Place (designed by RLPS Architects and owned by Moravian Manor) provides the opportunity for residents to be within blocks of Lititz, Pennsylvania, a thriving small town that boasts “a vibrant network of shops and unique events.” In addition, the residents of the townhouses are able to take advantage of the services and amenities offered by nearby Moravian Manor. An interconnecting sidewalk system links the housing to both the town and the retirement community.

The combined benefits of neighborhood amenities and a senior living provider can also be found at Armstrong Senior

Housing (designed by David Baker + Partners Architects and owned by BRIDGE Housing). This intergenerational, mixed-use development is a resource to the greater community, providing services and amenities to senior residents while opening up opportunities for intergenerational relationships and partnerships with other, non-senior living service providers. Located in San Francisco, the facility offers apartments for seniors adjacent to market-rate residential units. With its ground floor retail, this project is acting as a catalyst for neighborhood revitalization. In addition, Armstrong Senior Housing’s adjacency to the city’s newest mass transit rail line further enhances resident independence and connectivity to the greater community.

On-Site Resources: Serving the Greater Community to Promote Connectivity

St. John’s on the Lake (designed by Perkins Eastman and owned by St. John’s Communities) underwent an extensive renovation with the goal of improving the community’s connection to the city. The facility, located in Milwaukee, Wisconsin, not only allows residents to maintain an urban lifestyle (through easy access to neighborhood shopping, restaurants, and public transportation), but also was redesigned to invite the local community into the building.

The glazed façade connects residents to the streets beyond, enabling residents to feel part of the surrounding urban life and inviting visitors from the city into the facility. The ground floor bistro and Uihlein-Peters Gallery (which exhibits art through a partnership with the Museum of Wisconsin Art, creating a satellite gallery) are open to the public; and activates the building at street level, welcoming residents and visitors.



Seen here at dusk, the glazed façade of St. John’s on the Lake showcases the literal and figurate transparency of the semi-public ground floor spaces, which welcome visitors in addition to serving the residents.

St. John’s on the Lake
Photograph courtesy of: Chris Barrett

Another community resource can be found at Willson Hospice House (designed by Perkins + Will and owned by Phoebe Putney Memorial Hospital/Albany Community Hospice). This project was designed to be an ecological oasis for the local community of Albany, Georgia, as well as an amenity for the project's residents. It is currently the only healthcare facility in the world recognized as a Certified Silver Audubon International Signature Sanctuary. In addition to the hospice care offered and the publicly accessed natural preserve designed into the site, this facility also includes 15,000 square feet of administrative space, allowing 50 home care staff to travel to patients in eleven nearby counties. Space for meetings, education/training, and counseling is also provided for volunteers and community groups, allowing the building to serve the greater community.



Willson Hospice House was developed as a demonstration of ecological sustainability and is a resource for the greater community.

Willson Hospice House
Photograph courtesy of: Jim Roof Creative, Inc.

Mabuhay Court (designed by David Baker + Partners Architects and owned by BRIDGE Housing) also supports an interesting mixed-use, public-private partnership. This project offers nearly 100 low-income senior housing units alongside a new intergenerational community center in San Jose, California. Designed for both capacity and flexibility, the community center serves the senior and youth populations of the area; and provides a large space for community events, such as weddings or concerts.

Another award-winning project that pairs senior housing with an intergenerational community center—though on a much larger scale—is the Moldaw Family Residences at the Taube Koret Campus for Jewish Life (designed by Steinberg Architects and owned by Oshman Family Jewish Community Center). Co-planned and built alongside low-income housing, this project offers nearly 300,000 square feet of senior living residences and over 134,000 square feet of publicly accessed commons. The community center is said to attract thousands of people daily from the Palo Alto, California area by offering spaces for events and meetings; fitness programs (with a gymnasium, three swimming pools, weight training and fitness equipment, and classroom space); an early childhood education center; a major cultural arts and performance center (the Schultz Cultural Arts Hall); and the Stanford Hospital Health Library, which “is a free, public consumer health information library with scientifically-based medical information, empowering people to make informed decisions about all aspects of their health and healthcare.”



The Taube Koret Campus for Jewish Life not only provides senior residences, but is also a resource for the greater community, with a publically accessed civic center, fitness facilities, and a school for young children.

Moldaw Family Residences at the Taube Koret Campus for Jewish Life
Photograph courtesy of: Tim Griffith

Designing For Capability, Not Disability

At the new 100-bed Skilled Nursing Green House® project at the Leonard Florence Center for Living in Chelsea, Massachusetts (designed by DiMella Shaffer and owned by Chelsea Jewish Nursing Home), two households are dedicated to the care of people living with Multiple Sclerosis (MS) or Amyotrophic Lateral Sclerosis (ALS), more commonly known as “Lou Gehrig’s Disease.” Through supportive adaptations, like the use of eye-gaze computer technology and resident command centers, people’s everyday lives are made easier and richer. Without staff assistance, residents can turn on/off lights, open and close doors, adjust temperature settings, and even order a drink at the café via email. Tasks that should be simple now are, again.

The goals of culture change and resident empowerment also guided the renovation and expansion of the dining room in the Skilled Nursing facility at the Read Cloister Nursing Community (designed by Cummings & McCrady, Inc. and owned by Bishop Gadsden Retirement Community). This Charleston, South Carolina project offers a restaurant-quality dining experience with high-end, hospitality finishes and furnishings and a servery that allows residents to see and smell the food being prepared and to converse with the

chef and other dining staff. Residents can serve themselves, get assistance moving through the servery line, or may be seated and have their order taken by wait staff. The design offers a resident-centered dining experience and supports independence through choices and flexibility. This renovation has also served the purpose of improving sense of community and mitigating transition resistance since families feel more welcome and members from other parts of the community (i.e. Independent Living and Assisted Living) are now dining more frequently with the Skilled Nursing residents.

Community-wide participation is sometimes an important part of the design process as well as for the finished project. For example, during the renovation and expansion of Foulkeways at Gwynedd (designed by RLPS Architects and owned by Foulkeways at Gwynedd), the design team received 246 letters from existing residents that “challenged every aspect of the initial design.” The designers used this feedback to completely revise their plans for the new community center at the Gwynedd, Pennsylvania facility. The existing residents were considered active collaborators during the design process, resulting in a savings of \$2 million and much greater resident buy-in.



The new dining room at the Skilled Nursing facility at the Read Cloister Nursing Community offers a dining experience akin to that found in a restaurant that serves a younger population.

Read Cloister Nursing Community
Photograph courtesy of: W. Baker and GMK



The villa buildings at Air Force Villages are an example of the new cottage-apartment hybrid.

Air Force Villages

Photograph courtesy of: Casey Dunn

Affordability-Driven Innovations

Project costs are always a driving factor in the design and success of a project, and some projects have responded by reinventing the product they create. For instance, two award-winning DFAR11 submissions described a hybrid building that crosses the independence of cottages with the density (and therefore cost savings) of an apartment building. This innovative housing type was presented by Landis Homes: Hybrid Homes in Lititz, Pennsylvania (designed by RLPS Architects and owned by Landis Home Retirement Community), as well as Air Force Villages in San Antonio, Texas (designed by Perkins Eastman and owned by Air Force Villages).

Both projects offer ten to fourteen residences, with ground level covered parking. All apartments are corner units with large balconies, providing opportunities for extensive glazing, great views, and daylight. Landis Homes' Hybrid Homes also incorporate several common areas within the building, or that are shared between paired buildings. "Particularly well suited to heavily populated suburban areas," Landis Homes states that the "hybrid homes offer a higher density model than patio homes, but are smaller than a typical apartment building allowing providers to incrementally expand housing."

Another innovative housing option created to provide denser development is The Houses on Bayberry (designed by RLPS Architects and owned by Arbor Acres United Methodist

Retirement Community). This project aims to create a new neighborhood of up to five affordable small houses clustered together near the center of the retirement community's campus in Winston-Salem, North Carolina. Each cluster includes four patio homes joined like duplexes, with a porch that wraps around the front of the building (connecting the residents to the community's common building). This porch, along with a courtyard garden, promotes residents' sense of community and a connection to nature. Similar to the cottage-apartment hybrid, the Houses on Bayberry are said to be "aimed at residents who require less space, but prefer living in a house rather than an apartment."

Addressing affordability, however, is not just about the here and now. For instance, the building created for the Franciscan Sisters of St. Joseph (designed by Perkins Eastman and owned by the Franciscan Sisters of St. Joseph) recognizes the fact that the number of Sisters is dwindling. Once the Sisters have passed on, the facility can be used for affordable senior housing for the greater Hamburg, New York community. The facility's eventual use is anticipated by the size and layout of the resident rooms as well as the inclusion of several amenities (e.g. a pool and fitness area, a full commercial kitchen, a multi-purpose space, two guest suites, a library, and various meeting rooms). These spaces are, in the meantime, being enjoyed by the Sisters, but were ultimately included to attract a future market.

Blurred Boundaries

Whether improving connectivity or creating innovative ways to achieve affordability, the projects submitted to the eleventh biennial cycle of the Design for Aging Review design competition were an interesting and informative group. From new housing types to improved dining experiences, today's designers and providers are beginning to challenge what it means to be and design environments for a "senior" population.

The current best industry thinking recognizes that there are still gaps in today's senior living options; that people are being invited to take a more active role not only in their care but also in society at large; and that designing for wellness, rather than illness, has a great and far-reaching impact. Residents' day-to-day feelings of competence, relatedness, and autonomy influence one's emotional well-being (Reis, Sheldon, Gable, Roscoe, & Ryan, 2000). Operational and design decisions that empower people and that offer resident-centered care can influence building occupants' mental, social, emotional, and physical well-being—which, therefore, affects their quality of life (Gabriel & Bowling, 2004).

The most recognizable industry trend that has addressed the need for more resident-centered care is the (now common) household model and culture change shift that began in the early 1990s. The concept of culture change challenged designers and providers to create more emotionally and cognitively supportive environments for older adults (Koren, 2010). As the submission for Jewish Home Lifecare states, "the intimate size of the [households] creates better knowledge and understanding of elders and caregivers and fosters stronger relationships." Households not only promote resident participation, family involvement, and sense of community, but also create an environment where front-line staff are more attuned to resident needs and are empowered to make decisions to provide more personalized care.

Similarly, senior cohousing developments, which are becoming more widely known in the United States (though cohousing has a long history in places like Denmark), are engaging residents in meaningful social roles, which helps prevent loneliness, depression, and isolation (Jang, Haley,

Small, & Mortimer, 2002; Reker, 1997; Pennix, van Tilburg, Kriegsman, Deeg, Boeke, & van Eijk, 1997; Lee & Ishii-Kuntz, 1987; Thoits, 1983). Residents of cohousing are not

expected to become primary caregivers to their neighbors (as one might do for a family member), but they do develop neighborly relationships that support aging-in-place. Simple acts like checking in on or running an errand for a neighbor can mean the difference between staying at home and being forced by circumstance to move into a care facility.

The practice of aging-in-place, within an intentional community is becoming more common (Thomas & Blanchard, 2009). Aging-in-place is also blurring the boundaries along the continuum of care. For instance, in the previous awards cycle, we began to see some continuing care retirement communities (CCRCs) eliminate the Assisted Living component of their projects. Residents live in Independent Living (with in-home services provided, as needed) until their advanced needs require them to move to Skilled Nursing. Providers are now lengthening independence by offering in-home services. It's only a small step to envision a lifelong continuum, in which such services are available for people of any age: short-stay rehab, household services (like laundry, cleaning, and running errands) for busy professionals or overwhelmed new mothers, counseling and outreach for anyone in need.

Opportunities and innovations like these serve many purposes, including improvements to quality of life, but they often develop out of a need for affordability. Offering more in-home services to Independent Living residents developed out of a need to lower the costs of care and address a bigger market. The up-swing in organizations offering in-home services also stems from a broader public policy shift and shortage of tax revenue. Likewise, the previously described evolution in housing types evidenced by Landis Homes: Hybrid Homes, Air Force Villages, The Houses on Bayberry, and the Franciscan Sisters of St. Joseph all address issues of affordability.

Whether driven primarily by cost or by an organization's philosophy of care, today's innovators are redefining the traditional notion of the continuum of care. In fact, taking seniors out the continuum of care—and just letting them *continue*—is just one way the industry is blurring the line of what it means to be old. From neighbors supporting neighbors in cohousing developments to Montessori and other peer-support programs that are being adopted at senior living communities throughout the country, the concept of seniors solely as care recipients is being questioned, with more programs enabling seniors to play an active and

meaningful role as care *givers*. A strong sense of meaning has been correlated to an extended number of years of life (Krause, 2009); and research has shown that social activities and productive engagement are as influential to elder survival as physical fitness activities (Glass, Mendes de Leon, Marottoli, & Berkman, 1999).

The senior living industry today continues to evolve in new ways away from custodial care towards a model that helps older adults maintain social and professional roles, stay engaged, and continue to live meaningful lives. This is evidenced by the popularity of programs for continued education; the introduction of Montessori-based activities

to promote social, emotional, and cognitive engagement; and the number of projects submitted to DFAR11 that offer improved connections to the greater community (as seen by the previously described AgeSong at Bayside Park, Jewish Home Lifecare, The Mather South, Townhomes on Hendricks Place, Armstrong Senior Housing, St. John's on the Lake, Willson Hospice House, Mabuhay Court, and the Moldaw Family Residences at the Taube Koret Campus for Jewish Life).

The award-winning DFAR11 projects show that what it means to be an older adult in America today is changing, too. More people are staying active, whether through physical fitness



Seniors today are maintaining their connections to the greater community, through continued education, the use of existing services/amenities, and on-going professional careers.

Moldaw Family Residences at the Taube Koret Campus for Jewish Life
Photograph courtesy of: Tim Griffith

or maintaining a career. These days, more residents of senior living facilities are still employed, or are only semi-retired. Others are continuing a professional role through volunteering, mentorships, or as board members. Older adults are no longer content to be segregated on “senior” campuses, but are engaged with the greater community.

The fact that senior living facilities are both more open to as well as opening themselves up to the greater community is seen not only in the spaces and services/programs being offered (or not offered, as the case may be when amenities in the surrounding neighborhood are used instead), but also in the interior design of the facilities. Senior housing is no longer a stereotypical, nostalgic interpretation of real life. The DFAR11 leadership projects are taking the industry beyond the “front porch” aesthetic with its indoor, mock-Main Streets. Seniors expect and designers are providing interior styles, finishes, and furnishings that are commonly found in market-rate housing or hospitality environments. Perhaps because today’s seniors are a generation whose lives were shaped by the era of modernism, contemporary design is now received as a “home-like” option, in addition to the more traditional residential aesthetic that (up until now) was typically associated with senior living.

Simple and thoughtful design features enable older, frailer adults to continue to be active members of the larger senior living community. Easy access and shorter walking distances to common areas or special equipment (e.g. A/V provisions in multi-media theater spaces) and other newer technologies help people stay engaged. Technology is also breaking down barriers and blurring spatial boundaries: from keeping in touch with family and friends through emails

and video chats to signing up for services or activities online, residents are more tech-savvy. Facilities today are also more likely to offer adult day services in addition to live-in resident services, further integrating “senior” environments into urban and suburban neighborhoods.

A fundamental characteristic of the innovative award-winning DFAR11 projects is their recognition of the *strengths* of older people (such as the approaches taken by the previously described new 100-bed Skilled Nursing Green House® project at the Leonard Florence Center for Living, Read Cloister Nursing Community, and Foulkeways at Gwynedd). We saw a big difference between the projects that are designed to enhance people’s capabilities, use their talents, and develop their interests, as opposed to designing to remediate people’s disabilities and impairments. A defining theme of the DFAR11 leadership projects is the idea that the environment can enable older people, at any point in the continuum of aging, to grow and thrive and live a meaningful life.

The innovative leadership projects submitted to DFAR11 framed older adults as strong and capable, as problem solvers, as people who want to be involved in their own care and personal growth. This fundamental perceptual shift, which is also at the heart of culture change, opens new possibilities for senior living and blurs boundaries that now limit seniors’ quality of life. The “well-person” movement is out there and is gaining ground. Its implications for design are profound, and, as these projects show, it is leading to new design concepts that broaden opportunities, eliminate barriers, and enrich the experience of living.



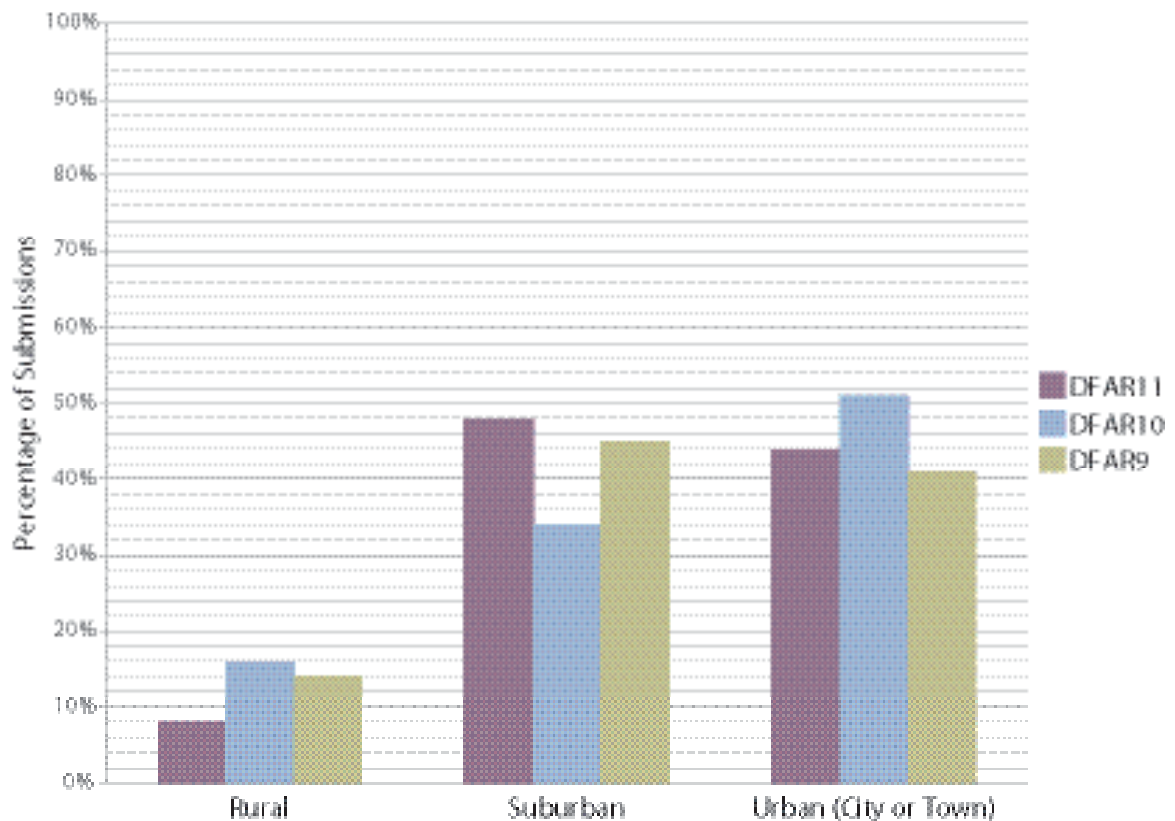
As evidenced by the new 100-bed Skilled Nursing Green House® at the Leonard Florence Center for Living, “homey” interiors are no longer limited to traditional aesthetics—contemporary design can be just as appealing, familiar, and comforting to today’s seniors.

Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
Photograph courtesy of: Robert Benson Photography

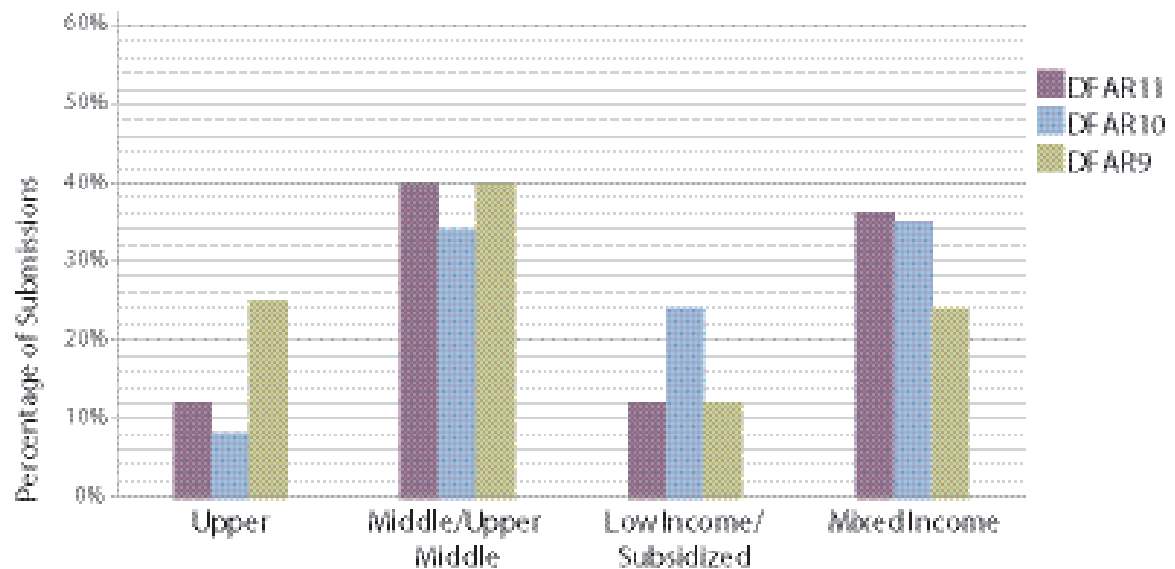
DFARs 9/10/11: A GRAPHIC COMPARISON

The following graphs summarize all of the Building and Planning/Concept Design category projects submitted to DFAR11, with comparisons to two previous design competition cycles where possible.

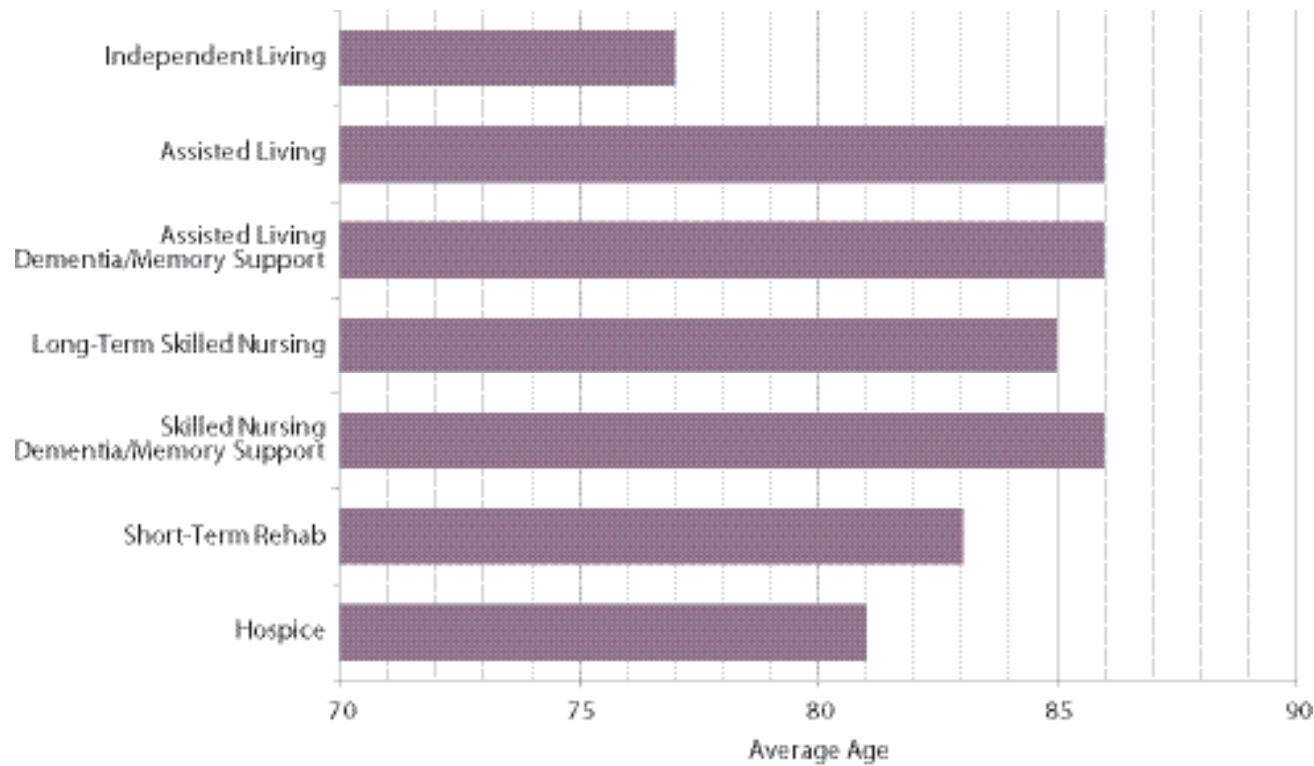
Site Location



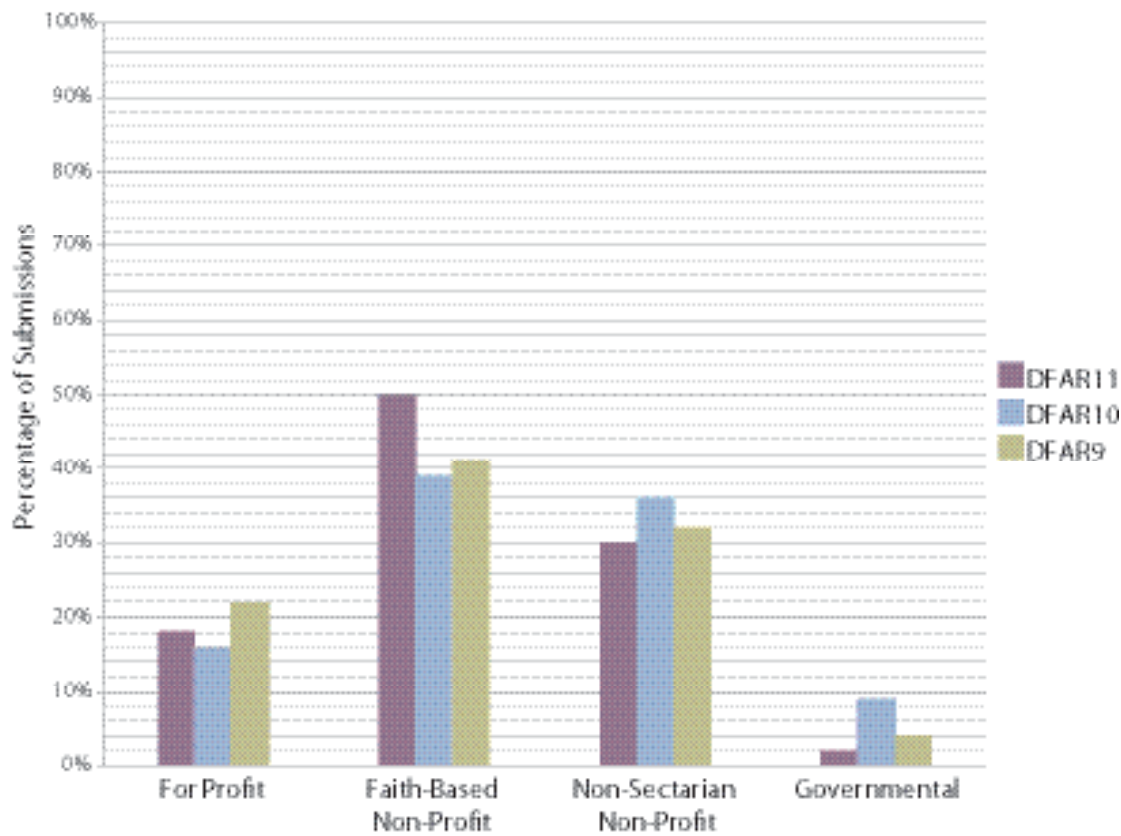
Target Market

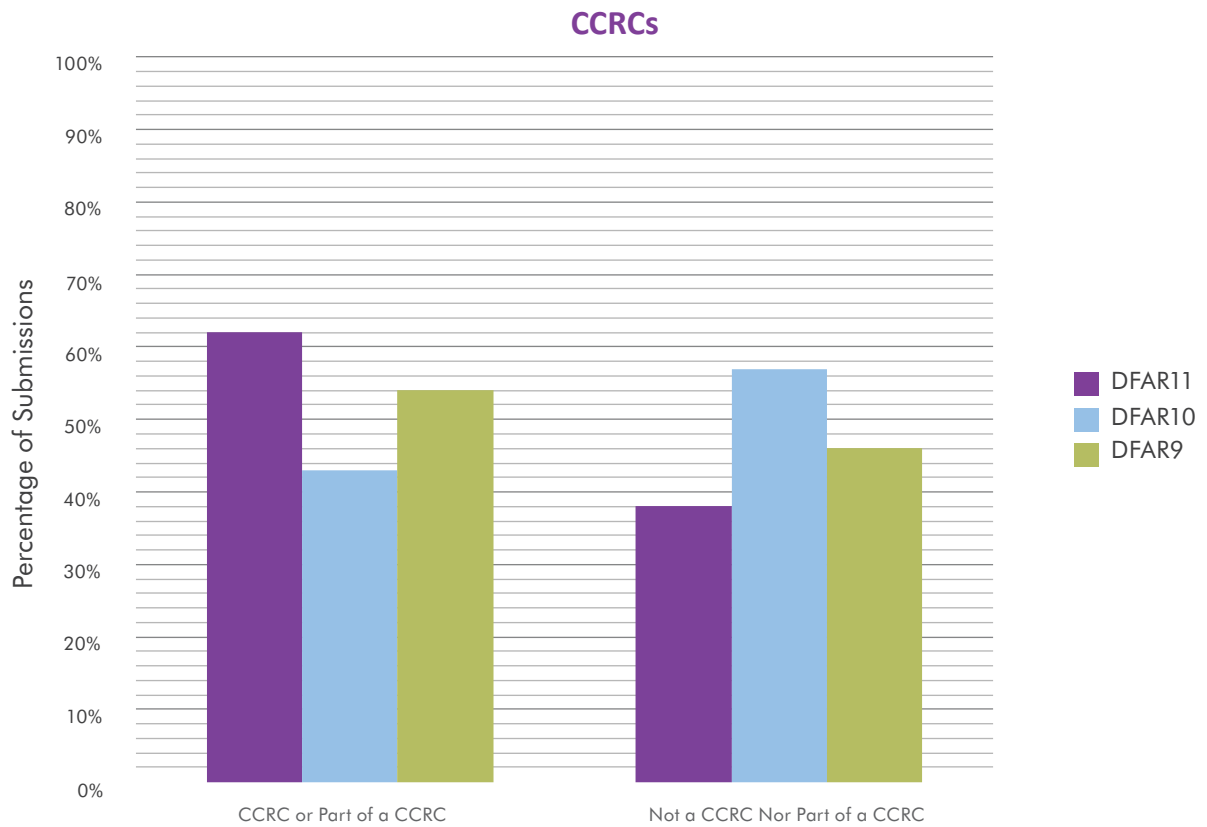


Average Resident Entry Age, by Facility Type

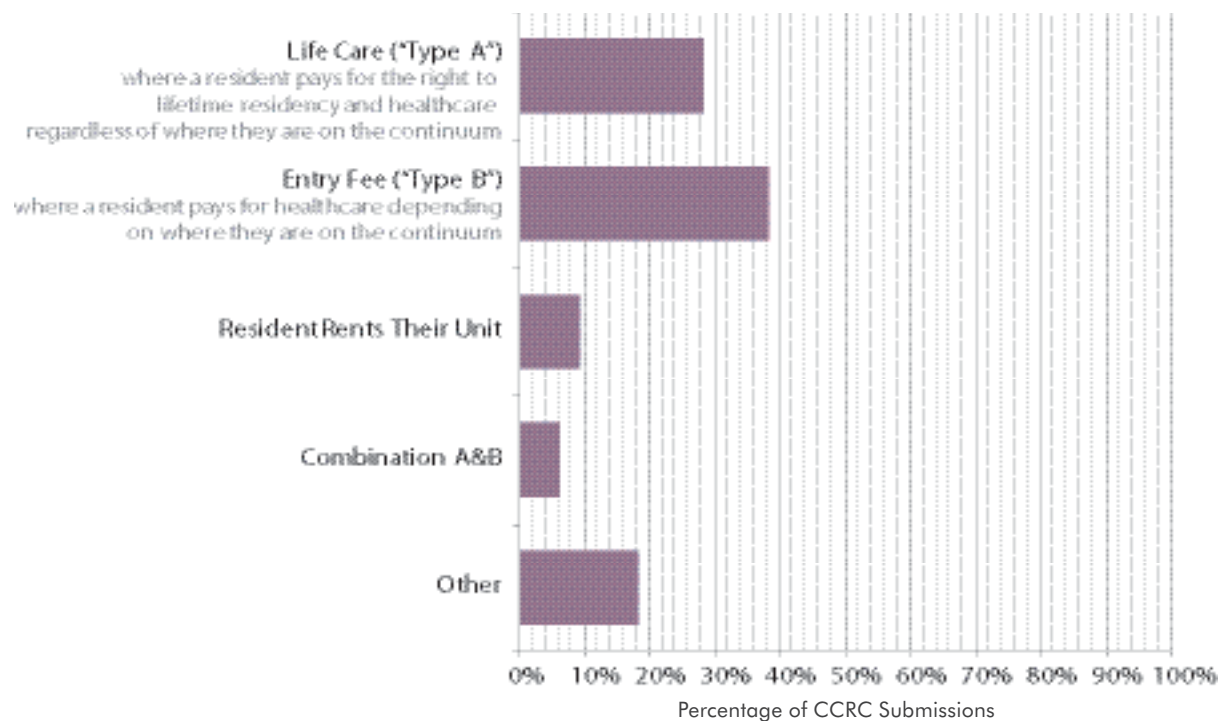


Provider Type

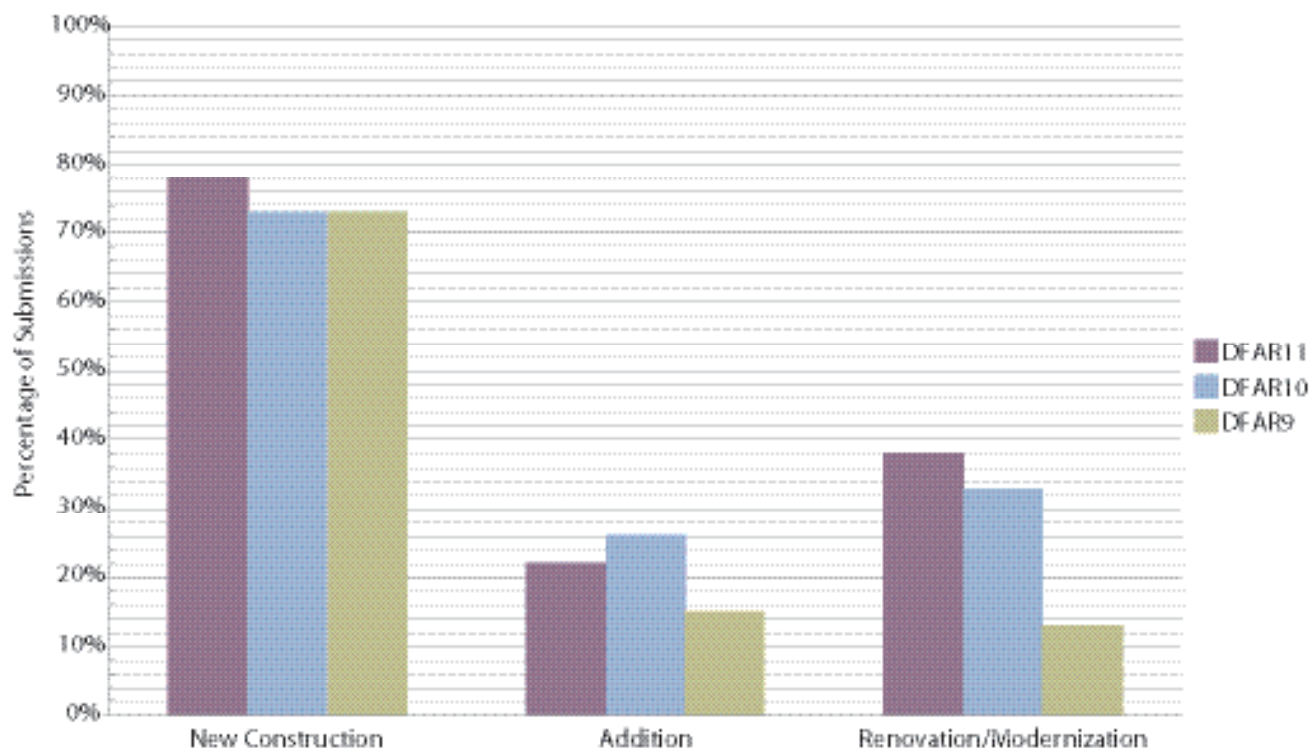




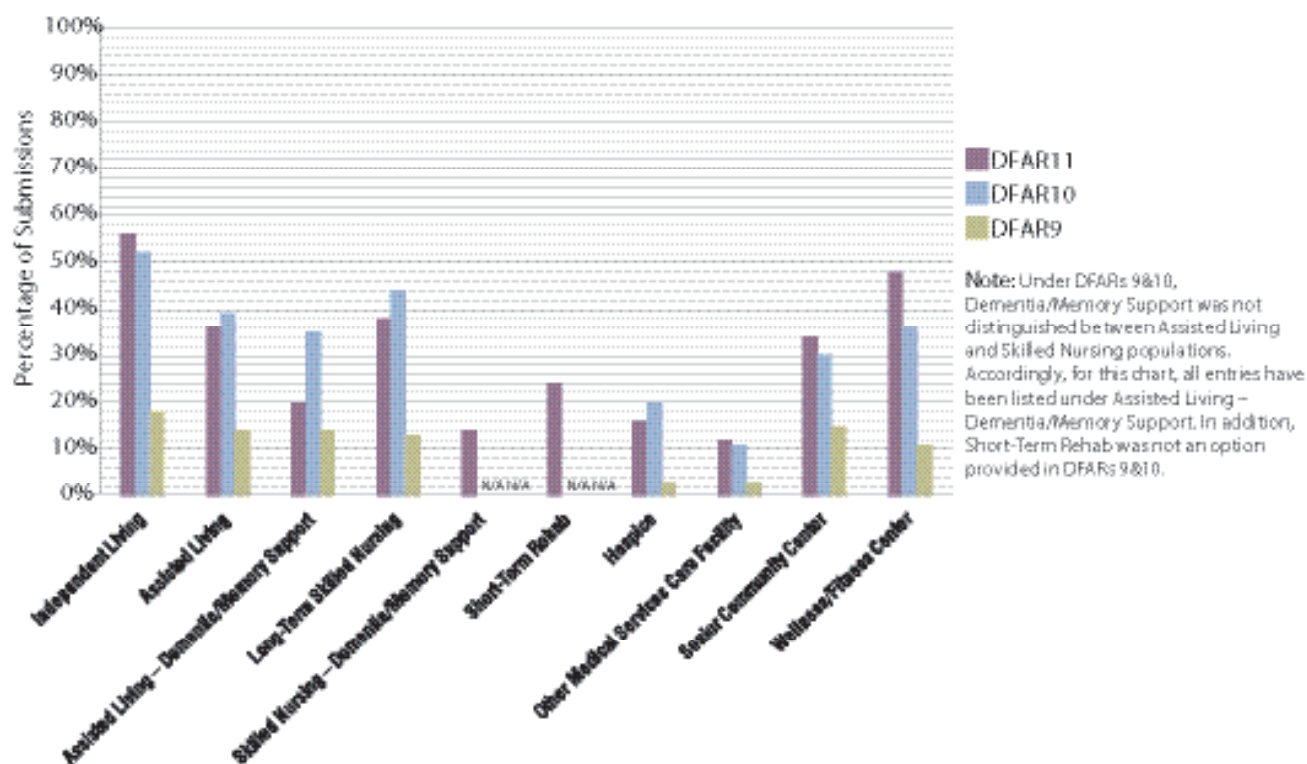
CCRC Payment Structure



Project Components



Facility Types



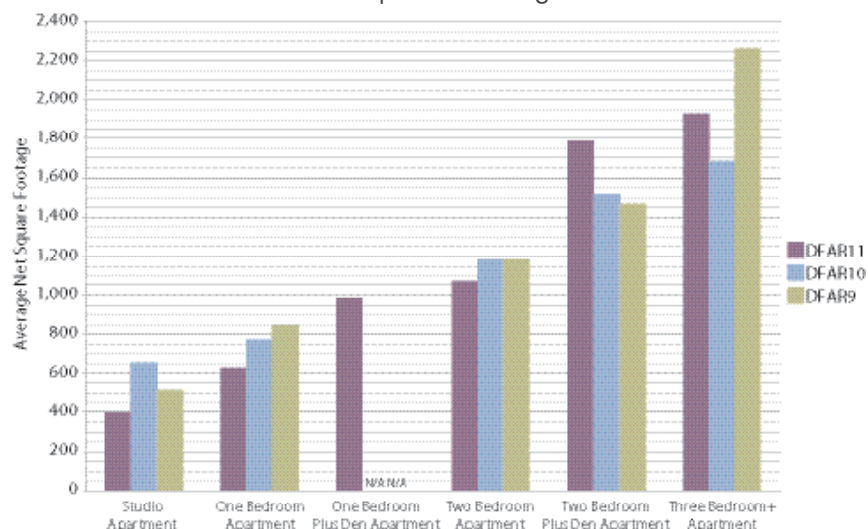
Residential Unit Space Breakdowns, by Facility Type

UNIT TYPE	DFAR11		DFAR10		DFAR9	
	UNIT DISTRIBUTION	AVERAGE UNIT SIZE	UNIT DISTRIBUTION	AVERAGE UNIT SIZE	UNIT DISTRIBUTION	AVERAGE UNIT SIZE
Independent Living						
Studio	4%	400 NSF	20%	658 NSF	5%	508 NSF
One bedroom	41%	629 NSF	28%	769 NSF	45%	844 NSF
One bedroom plus den	8%	983 NSF	0%	N/A	0%	N/A
Two bedroom	30%	1,069 NSF	36%	1,183 NSF	37%	1,184 NSF
Two bedroom plus den	15%	1,791 NSF	13%	1,515 NSF	13%	1,465 NSF
Three bedroom+	2%	1,929 NSF	4%	1,682 NSF	1%	2,259 NSF
Assisted Living						
Studio	48%	354 NSF	11%	385 NSF	20%	358 NSF
One bedroom	38%	594 NSF	49%	589 NSF	63%	581 NSF
One bedroom plus den	0%	---	0%	N/A	0%	N/A
Two bedroom	14%	828 NSF	30%	1,178 NSF	17%	877 NSF
Two bedroom plus den	0%	---	0%	N/A	0.3%	1,464 NSF
Three bedroom+	0%	---	10%	N/A	0%	N/A
Assisted Living – Dementia / Memory Support						
Private room	84%	348 NSF	80%	316 NSF	80%	351 NSF
Semi-private room	8%	591 NSF	20%	451 NSF	20%	795 NSF
Shared room	9%	400 NSF	0%	N/A	0%	N/A
Long-Term Skilled Nursing						
Private room	91%	274 NSF	78%	297 NSF	97%	293 NSF
Semi-private room	8%	327 NSF	22%	369 NSF	3%	423 NSF
Shared room	1%	506 NSF	0%	N/A	0%	N/A
Skilled Nursing – Dementia / Memory Support						
Private room	100%	285 NSF	N/A	N/A	N/A	N/A
Semi-private room	0%	---	N/A	N/A	N/A	N/A
Shared room	0%	---	N/A	N/A	N/A	N/A
Short-Term Rehab						
Private room	88%	249 NSF	N/A	N/A	N/A	N/A
Semi-private room	12%	474 NSF	N/A	N/A	N/A	N/A
Shared room	0%	---	N/A	N/A	N/A	N/A
Hospice						
Private room	100%	311 NSF	N/A	N/A	N/A	N/A
Semi-private room	0%	---	N/A	N/A	N/A	N/A
Shared room	0%	---	N/A	N/A	N/A	N/A

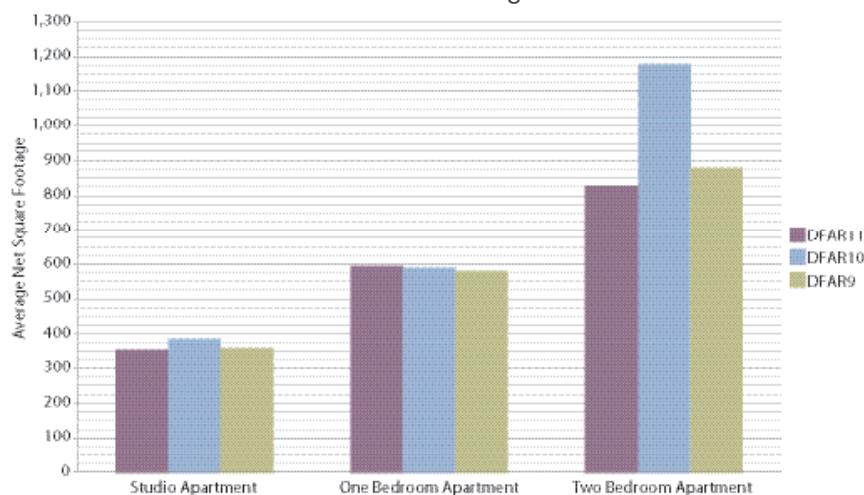
Note: Under DFARs 9&10, Skilled Nursing was not distinguished between semi-private and shared rooms (where a semi-private room has two occupants with separate bed areas but a shared bathroom, and shared rooms have two occupants with a shared bed area and a shared bathroom). Accordingly, for this chart, all entries have been listed under semi-private.

Residential Unit Size Comparisons

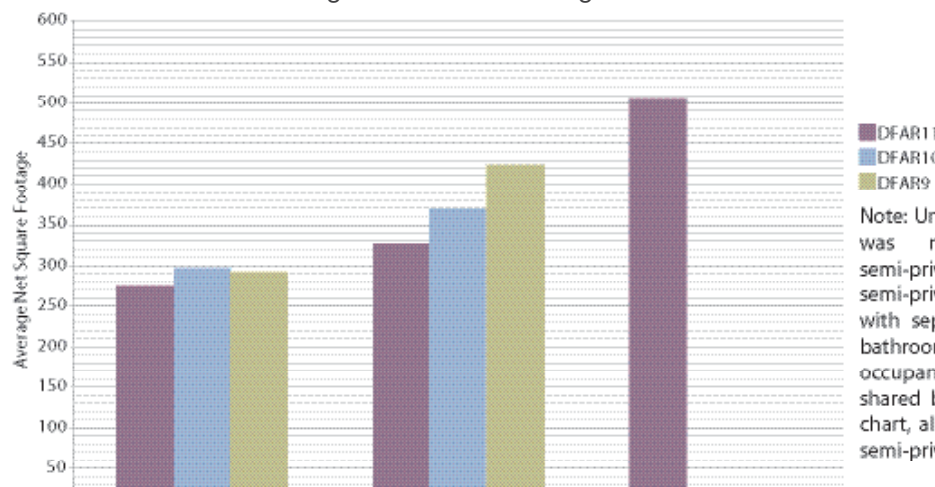
Independent Living



Assisted Living



Long-Term Skilled Nursing

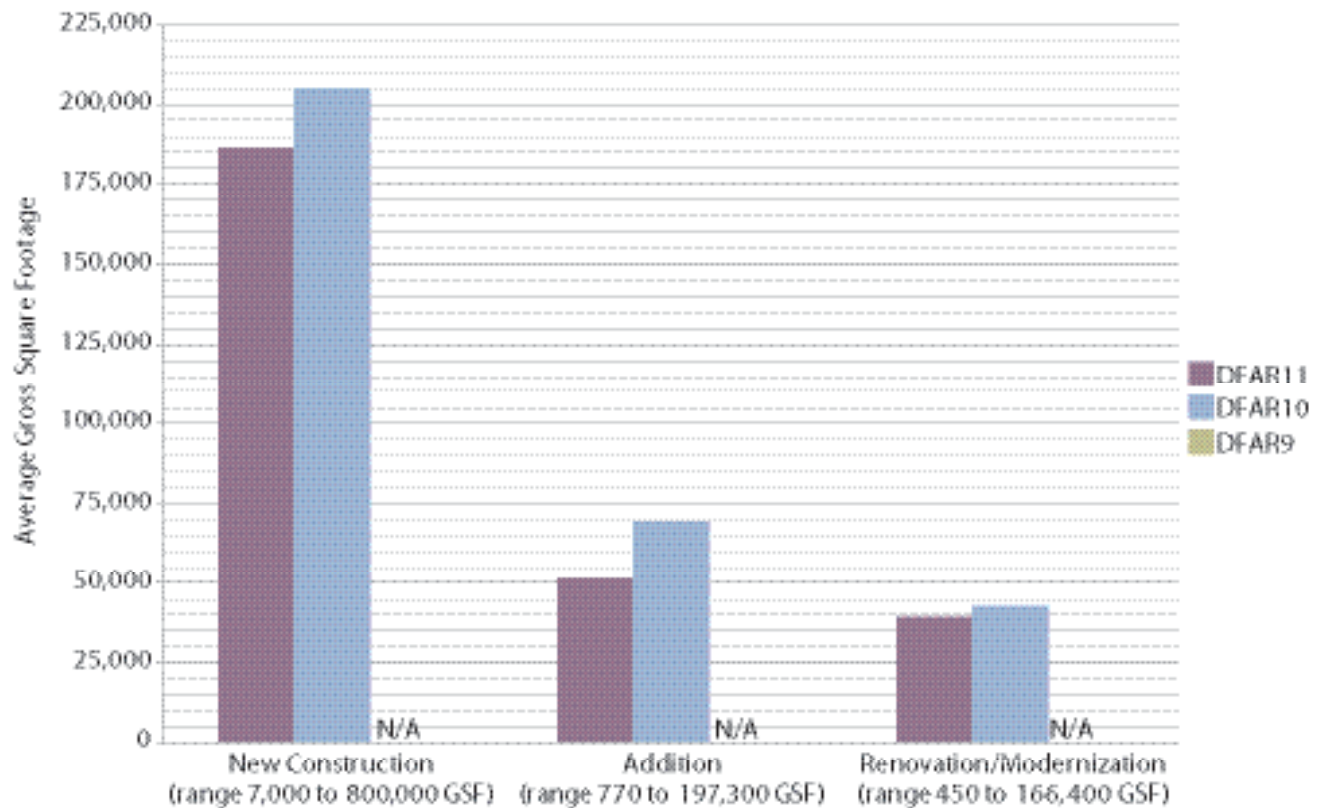


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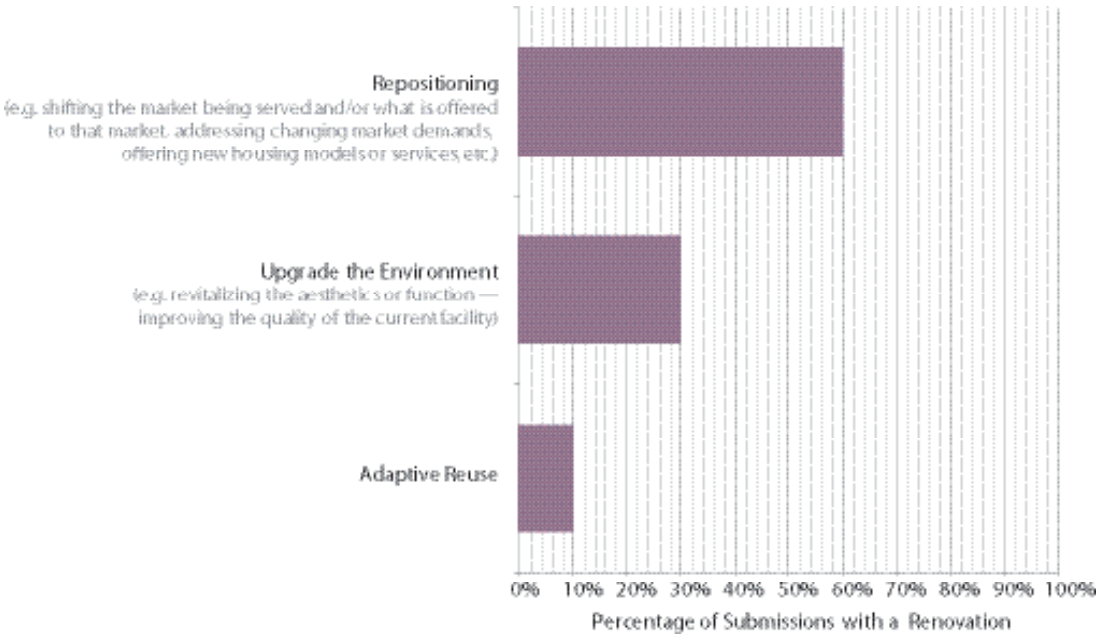
Residential-to-Common Space Ratios, by Facility Type

Facility Type	Residential to Commons Ratio (based on average net square footages)
Independent Living	2.71 : 1
Assisted Living	1.65 : 1
Assisted Living – Dementia / Memory Support	1.26 : 1
Long-Term Skilled Nursing	0.93 : 1
Skilled Nursing – Dementia / Memory Support	0.69 : 1
Short-Term Rehab	0.67 : 1
Hospice	1.30 : 1

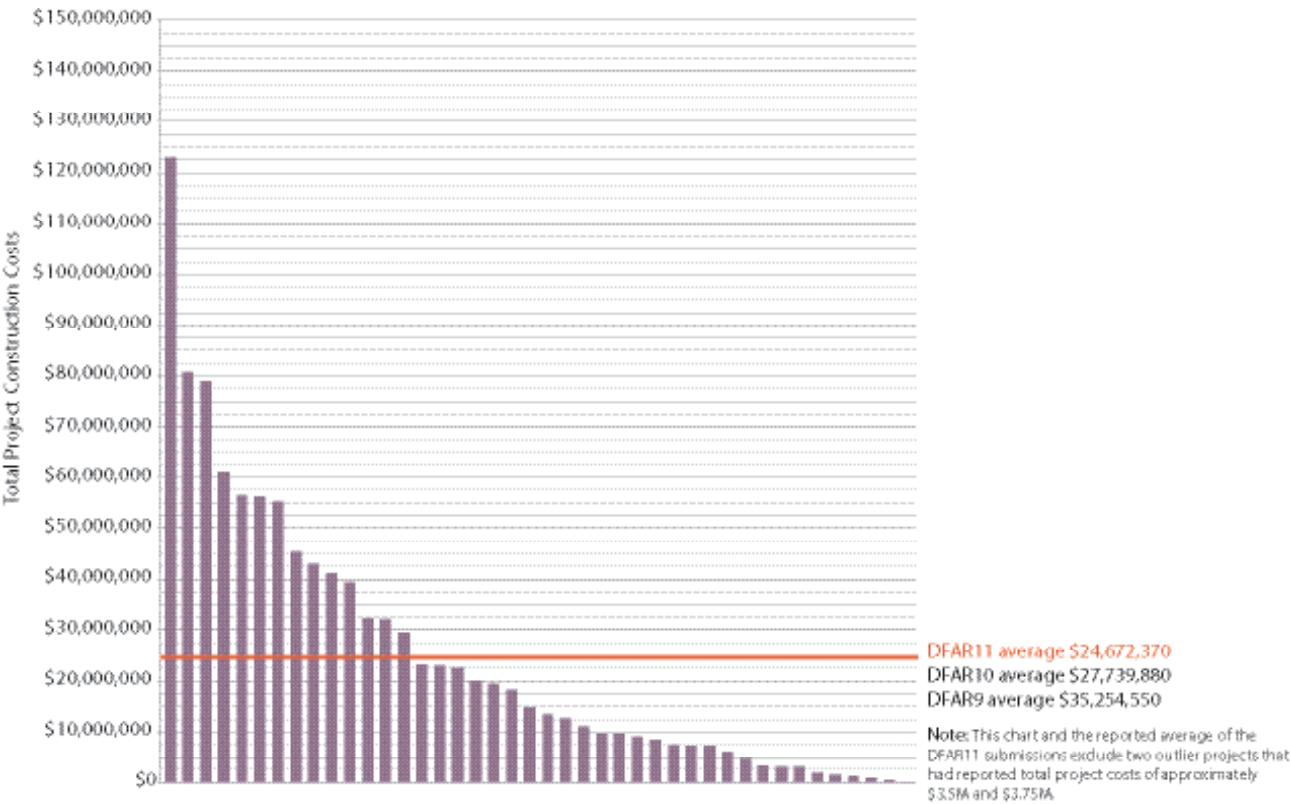
Project Size



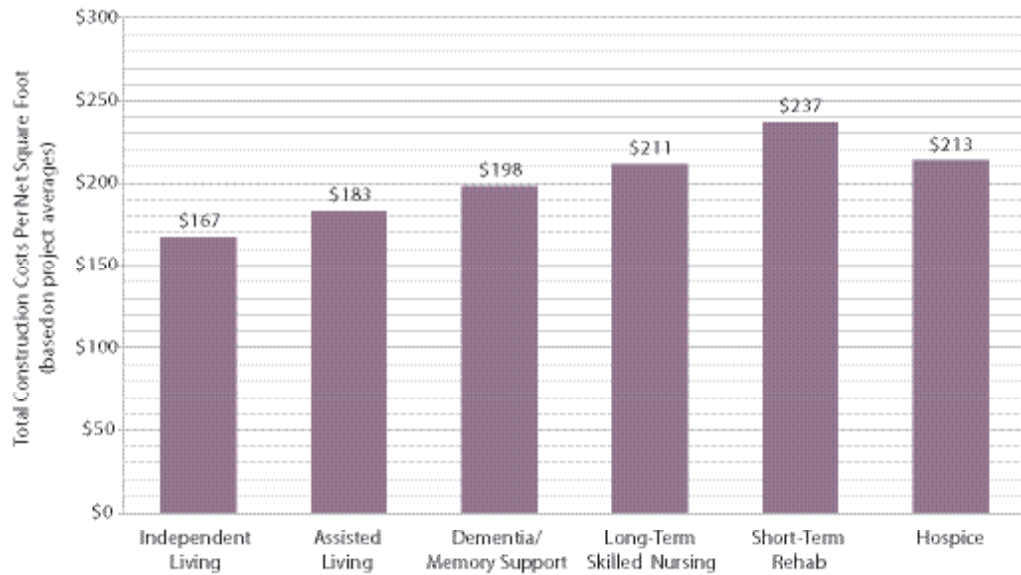
Purpose of the Renovation



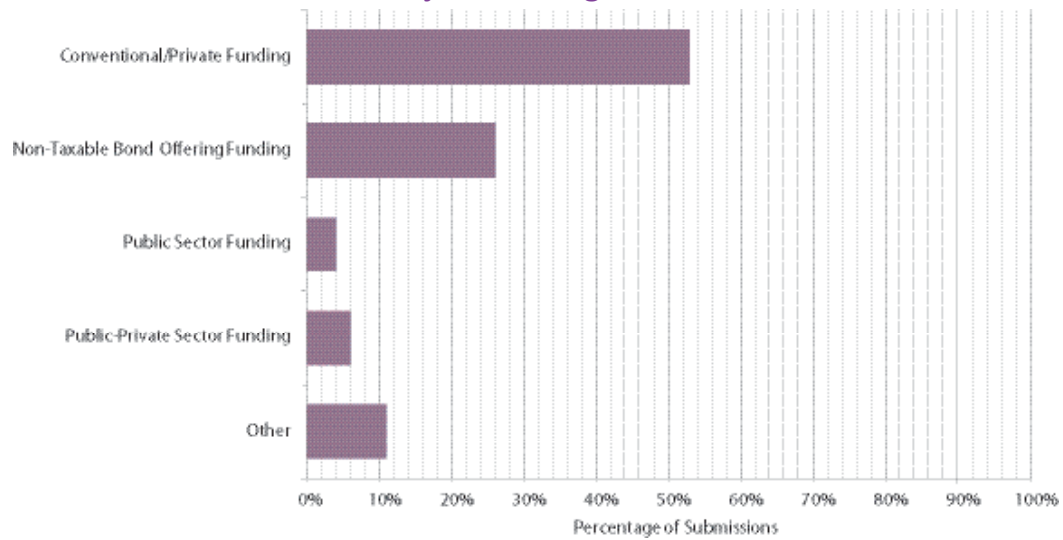
Project Costs



Average Costs per Square Foot, by Facility Type



Project Funding Sources



Source of Resident Payments



AWARD-WINNING PROJECT THEMES



Penick Village Garden Cottage
Photograph courtesy of: JamesWest/JWest Productions

Though the award-winning DFAR11 projects are quite diverse, several common and often interrelated project themes were identified based on the similarities amongst the submissions' building components, project descriptions, and goals. These recurrent project themes are listed to the right.

These common themes were similar to those expressed in previous awards cycles, though compared to DFAR10, the emphasis shifted slightly. Design goals related to supporting intergenerational interactions, responding to local contexts, promoting holistic wellness, repositioning to improve marketability, and offering a residential/home-like and even a hospitality/resort approach were on the whole the same. However, significantly more projects stated a project goal of offering choice through extensive amenities. Features to support aging-in-place and affordability were also more commonly reported, as were promoting a sense of community and including elements to encourage family visits. Using a collaborative process during the design and/or construction of the project was also a bit more customary.

In contrast, the award-winning projects placed less emphasis on creating connections to the surrounding community and on offering staff support. And though it was still the most prevalent project goal reported by the applicants, significantly fewer DFAR11 projects described a focus on connecting to nature. Ecological sustainability was also discussed much less frequently this cycle. Yet significantly more submissions reported that they are, or

Recurring Project Themes

- Connection to nature (67% of award-winning projects);
- Responding to the site and local conditions (54%);
- Connecting to the surrounding neighborhood (42%);
- Offering daily choice through extensive amenities (38%);
- Promoting resident sense of community (33%);
- Ecologically sustainable design/construction practices (33%);
- Neighborhood/household model and person-centered care (29%);
- Aging-in-place (29%);
- Home-like environments (25%);
- Collaboration during design/construction (25%);
- Intergenerational developments (21%);
- Focusing on affordability (21%);
- Repositioning/improving marketability (17%);
- Holistic wellness (17%);
- Family/visitor support spaces and features (17%);
- Staff support spaces and features (17%); and
- Hospitality/resort approach (13%).

are registered to be, certified as ecologically sustainable by an independent organization (e.g. LEED), thus indicating that being green is becoming—or perhaps has *already* become—standard practice and is no longer considered a “special” feature worth calling out.

The following are examples of how the award-winning submissions to the eleventh biennial cycle of the Design for Aging Review design competition exemplified the common project themes.

Connection to Nature

The projects that connect to nature take advantage of the site's natural features. Access to and views of adjacent parklands are provided; mature trees, wetlands, and existing flora and fauna were preserved. In addition, outdoor spaces are available for residents, staff members, and visitors to

enjoy. Oversized apartment balconies, outdoor dining venues, spaces for gardening, and patios/courtyards for group activities or relaxing and contemplation are common. Extensive daylight and views to the outdoors were also frequently described.

Award-winning DFAR11 projects that described a theme of connecting to nature include:

- Willson Hospice House
- Sun City Palace Showa Kinen Koen
- Landis Homes: Hybrid Homes
- The Mather South
- Armstrong Senior Housing
- Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
- The Houses on Bayberry: Arbor Acres United Methodist Retirement Community
- Atria Tamalpais Creek
- Mary's Meadow at Providence Place
- Gilchrist Center for Hospice Care
- Moldaw Family Residences at the Taube Koret Campus for Jewish Life
- South Franklin Circle
- St. John's on the Lake
- AgeSong at Bayside Park

In Their Own Words

Sun City Palace Showa Kinen Koen

The project site is "immediately north of a large public park ('Showa Kinen Koen') that contains large and lovely mature gardens—a very real treasure in the Tokyo region... Buildings were carefully placed with gaps to allow views through to the park from the more northerly locations."

Mary's Meadow at Providence Place

"The buildings were articulated in such a way as to carve out a separate entrance for each house, a separate garden for each house, and a large wall of windows that faces into those gardens from each house's dining room. Additionally, large and small skylights bring more natural light into the interior spaces that otherwise have no direct connection to the outside."

The Mather South

"A rare commodity in an urban setting is the availability of a peaceful, welcoming garden or outdoor terrace. A truly unique feature of the Mather is the availability of a rooftop terrace, with expansive views, as well as ground level walking paths in an informal multi-faceted garden with climbing roses, quiet sitting enclaves, and resident planting beds."

Landis Homes: Hybrid Homes

"The oversized balcony for each hybrid home, positioned to provide privacy, provides plenty of space for outdoor dining, relaxing and container gardening... [The units also include] multiple exposures for improved views and daylight connections," open floor plans, abundant windows, and a building layout that results in all corner units.

Wilson Hospice House

This project was designed "to be an ecological oasis for its local community. The project's success is evident in its designation as the only healthcare facility in the world recognized as a Certified Silver Audubon International Signature Sanctuary."

In Their Own Words (continued)

Armstrong Senior Housing

“The adjacent townhouses flank a large central courtyard that features vegetable gardens, outdoor seating, and a picnic and play structure. The courtyard serves as both

peaceful refuge and mid-block passage, and is available to the population of the senior housing building.”



The courtyard at Armstrong Senior Housing offers places to garden, sit, eat, and play. It is both a peaceful refuge and active space.

Armstrong Senior Housing
Photograph courtesy of: Brian Rose

The Houses on Bayberry: Arbor Acres United Methodist Retirement Community

“The garden space between the buildings gives the structures a sense of freedom and independence while deep porches and a system of covered walkways offer residents a safe,

weather-protected connection to the commons areas at the heart of the community.”



The courtyard gardens and deep porches of The Houses on Bayberry provide a sense of freedom and independence, while creating a protected connection to the community's common areas.

The Houses on Bayberry: Arbor Acres United Methodist Retirement Community
Photograph courtesy of: Larry Lefever Photography

Responding to the Site and Local Conditions

Projects that respond to the site emphasized fitting the neighborhood fabric, such as using building scale, massing, and/or density that are similar to adjacent structures. Emulating the familiar, local vernacular style was also common. Projects aimed to replicate—or reinterpret—the

exterior form, style, details, and materials used by their neighbors. Several projects also reflect the residents' cultural or faith-based expectations; and one project (where the local climate could support frequent use of the outdoors) includes outdoor "rooms."

Award-winning DFAR11 projects that described a theme of responding to the local context include:

- The Mather South
- The Boulders at the RiverWoods of Exeter
- Landis Homes: Hybrid Homes
- The Townhomes on Hendricks Place
- Mabuhay Court
- Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
- The Houses on Bayberry: Arbor Acres United Methodist Retirement Community
- Atria Tamalpais Creek
- Armstrong Senior Housing
- Foulkeways at Gwynedd
- Moldaw Family Residences at the Taube Koret Campus for Jewish Life
- AgeSong at Bayside Park

In Their Own Words

The Mather South

"Sandwiched between the lakefront historic district of single family homes and the edge of the downtown commercial district, the project had to strike a balance by providing the scale and character consistent with a historic area and the street presence to frame the entry to the downtown business area occupied by many larger buildings."

The Townhomes on Hendricks Place

"A design priority was creating a traditional neighborhood development which complements the historical context of the surrounding downtown. The character of the townhomes was developed with reference to the Lititz/Warwick joint Strategic Comprehensive Plan, designed to preserve and enhance the predominant characteristics of the region. To reinforce the residential scale, the building facades take on the appearance of attached buildings along the town's streetscape. The varied color palette and building materials reflect the local vernacular to blend in with the existing community."

The Boulders at the RiverWoods of Exeter

Accommodating over 600 residents "presented obvious design challenges to the rural context of the greater Exeter community... To address this, the design visually reduces the scale of the project ... While a single community with an excess of 600 residents would appear overwhelming on this rural campus, the three smaller communities are consistent with traditional New England inns, resorts and campus communities. [In addition,] the wooded location and its New England setting made a relaxed Shingle Style vocabulary, which is characterized by functional planning, asymmetrical massing and picturesque composition, the key to developing a design solution."

The Houses on Bayberry: Arbor Acres United Methodist Retirement Community

"The design team managed costs by controlling building complexity while maximizing visual impact through creative use of color and familiar materials. A distinctive color palette, appropriate to the regional vernacular, was selected for each housing cluster to provide a unique sense of identity and visual interest."

In Their Own Words (continued)

Foulkeways at Gwynedd

"After analyzing 16 Quaker meetinghouses in the Historic American Buildings Survey collection, a division of the Library of Congress, the design team identified a consistent pattern of Quaker vernacular which influenced the final solution... the simple, straightforward design style reflects Quaker values for high quality, natural materials... As the Quaker residents describe it, the design is 'simple, but of the best sort.'"

Armstrong Senior Housing

"To reflect the historically African-American population of the neighborhood, design details were drawn from traditional African textiles and symbols. Textile-inspired paint and window arrangements combine to wrap the public face of the building in an interlocking 'quilt' of color and pattern. The courtyard is ringed by a wall inset with Ashanti tribal symbols representing security, wisdom, power, love, unity, and hope."

AgeSong at Bayside Park

"Overall, the façade is broken up with glass corners so that the perceived scale of the building melds with the scale of the older structures... [And] the project relates to the existing architecture in several ways. There is a clear bottom, middle, and top to the façade design. The center portion of each façade is a regular array of windows. And the color of the exterior materials relate to the brick red color of the industrial buildings."

Atria Tamalpais Creek

"A vineyard estate design concept was created to respond to the existing building and landscape, the greater context of the site in Novato, CA, and the existing culture amongst the residents of the buildings... The design is welcoming, accessible and safe and the details are rich with herbal scents, colors, and textures."



To reflect the historically African-American population of the neighborhood, design details at Armstrong Senior Housing were drawn from traditional African textiles and symbols.

Armstrong Senior Housing
Photograph courtesy of: Brian Rose



Atria Tamalpais Creek embraced a 'vineyard estate' design concept to respond to the existing building, landscape, and resident culture.

Atria Tamalpais Creek
Photograph courtesy of: Derek Reeves

Connecting to the Surrounding Neighborhood

Compared to DFAR10, many of the award-winning DFAR11 projects place a greater emphasis on bringing people onto their campus and into their buildings. Rather than having residents go out into the neighborhood (as seen more in the previous design competition cycle), the DFAR11 projects are more commonly offering services, programs, and amenities open to the public and creating more mixed-use developments. Centers for the arts, wellness/fitness facilities, childcare services, home health, rehab, and restaurants (from casual bistros and coffee shops to formal, wait-service dining venues) are common provisions that serve not only the residents but are also accessed by members of the greater community.

In fact, in addition to public access to dining venues, wellness/fitness facilities, and cultural programming, the submissions also commonly provide venues for outside groups' presentations/meetings; home-based healthcare

services; social services/counseling (e.g. bereavement, financial planning, nutrition); and food preparation and delivery (e.g. Meals on Wheels). Less common, but just as notable, were projects that offered educational training for outside healthcare professionals; low or no fee office space for senior-affiliated organizations; and child and/or adult daycare. Several entries also described how their project's residents are active volunteers in the greater community.

Many additional submissions offer community connectivity through conscientious siting and/or available transportation. Out of all of the DFAR11 submissions, 76% have sites within 1,000 feet of public transportation, such as a bus stop or rapid transit line; and 56% are within 1,000 feet of everyday shopping and/or medical services. Eighty five percent of the built and occupied projects also offer transport to nearby shopping, medical, and/or cultural services/amenities.

Award-winning DFAR11 projects that described a theme of connecting to the surrounding neighborhood include:

- Jewish Home Lifecare
- Mabuhay Court
- Willson Hospice House
- Moldaw Family Residences at the Taube Koret Campus for Jewish Life
- St. John's on the Lake
- The Townhomes on Hendricks Place
- The Mather South
- Armstrong Senior Housing
- Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
- AgeSong at Bayside Park

In Their Own Words

Mabuhay Court

"The community center was designed to have both capacity and flexibility. It is now an intergenerational center, serving the senior and child populations of the area and providing a large space for community events, such as weddings and concerts."

The Mather South

For this project, "the goal was to capitalize on the advantages of the location—a walkable community on the edge of a vibrant and diverse downtown anchored by Northwestern University, with views of Lake Michigan and the lakefront historic district, and proximity to mass transit options traversing greater Chicago."

Armstrong Senior Housing

"With high-density residential units and ground floor retail, this senior development is setting the stage for revitalization of the area. A significant new residential mixed-use presence is alive along the City's newest transit rail line, which began service three years ago, balancing independence and community for local seniors."

Willson Hospice House

The facility "includes a 15,000SF administrative component for 50 home care staff who travel each day to reach patients in the surrounding 11 counties, as well as educational and meeting space for volunteers and community groups."

In Their Own Words (continued)

The Townhomes on Hendricks Place

This development “offers residents the opportunity to live, work and play within blocks of their new homes... Hendricks Place residents will not only have easy access to Moravian Manor’s services and amenities, but also are just steps away from a thriving small town environment with a vibrant network of shops and unique events... The new townhomes overlooking a common green are interconnected via a sidewalk system that leads to the adjacent retirement campus and the town’s sidewalk network.”

Moldaw Family Residences at the Taube Koret Campus for Jewish Life

The “state of the art community center [that includes a] gymnasium, three swimming pools and 130,000 square feet of fitness, yoga and classes draws thousands from all over greater Palo Alto, dawn to dusk.”

Jewish Home Lifecare

“In searching for a site, the client wanted a location in a vibrant neighborhood where residents could conduct commerce, meet friends, and watch passersby. The new campus on Manhattan’s Upper West Side will integrate into an ideal neighborhood with a variety of experiences and conveniences, including grocery stores, laundries, banks, pharmacies, restaurants, fitness clubs, movie theaters, places of worship, and parks... [and in addition to common spaces for residents, the building also offers] offices for home health care, and corporate offices for the community...The program and design of the first floor (and its garden) and the second floor were created to draw the public into the community.”

AgeSong at Bayside Park

“The client believes that aging is a resource not a liability, and their goal is to reestablish the role of eldership in the community. Thus as important to housing residents was the inclusion, front and center, of many highly visible commons spaces that actively (through their many programs) promote a sense of community and friendship among the residents and develops a synergy with the surrounding community... The key in accomplishing this lay in the three important planning directions. 1. The commons spaces were located looking onto the adjacent commercial street. Large windows make them a part of the street action. 2. A variety of outdoor spaces were provided. They include a central court, a roof garden, green roofs, and several decks. 3. The clustering of the commons spaces maximized the energy and sense of buzz about all the spaces.”

St. John’s on the Lake

“Since St. John’s is in an urban area, they were able to take advantage of the trend of seniors wanting to be a part of an urban environment. The new building improves the community’s connection to the city, providing residents with an urban lifestyle of shopping, restaurants, and public transportation at their door... The design team used the new tower to connect the campus with the surrounding community. The large windows and mainly glass façade create a transparency, connecting the residents to the streets beyond the campus and bringing the urban energy in. The bistro, open to the public, activates the building at street level, welcoming residents and visitors. The new gallery, wrapping around the first floor, exhibits a broad range of artwork, drawing residents, visitors, and members of the surrounding community.”



The glazed façade of St. John’s on the Lake connects residents to the street and brings the outside urban energy in to a variety of spaces that are open to the public, including a gallery and bistro.

St. John’s on the Lake
Photograph courtesy of: Chris Barrett

Offering Daily Choice through Extensive Amenities

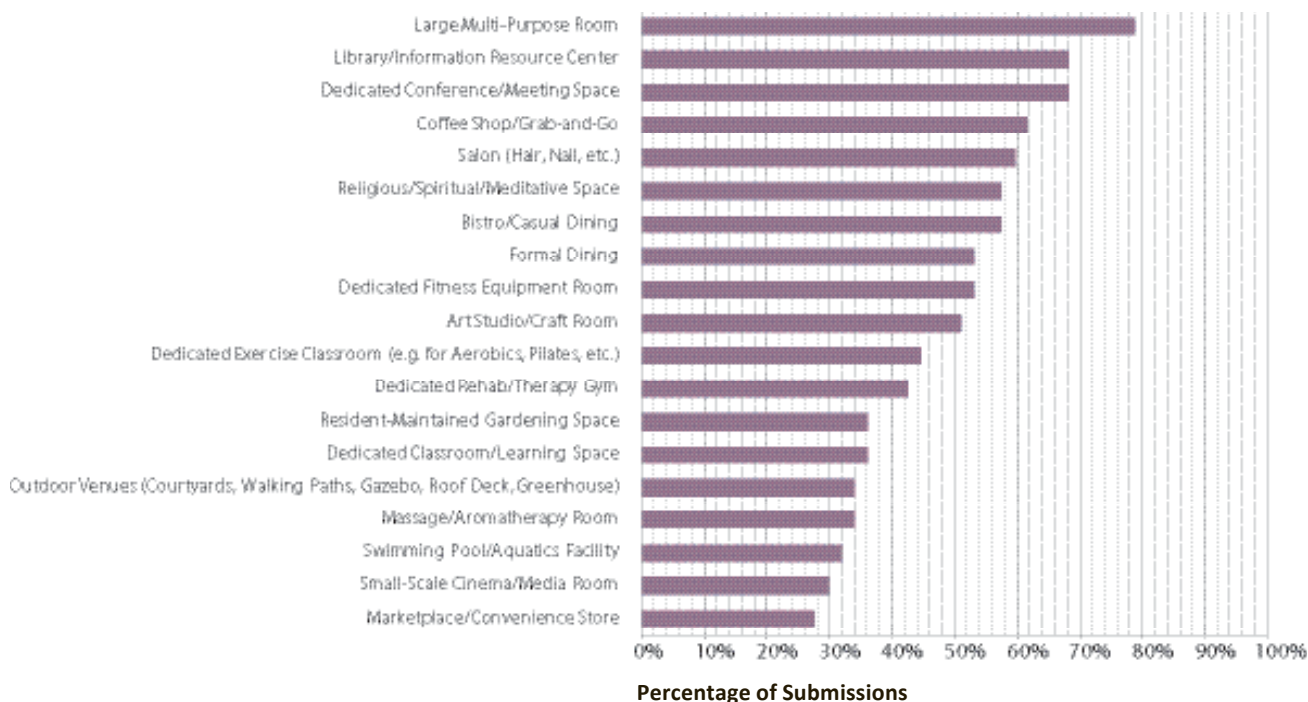
Extensive amenities offer residents daily choice and were common amongst projects that are CCRCs, or part of CCRCs. Most of the award-winning submissions that offer a modern aesthetic and hospitality/resort approach also offered extensive amenities.

Popular common amenities included multi-purpose, theater/performing arts, and event spaces; cinema/media rooms; informal dining venues, including coffee shops, bistros/café, ice cream parlors, self-serve/grab-and-go, sports bars, wine bars, and pizza shops (some with wood-fired pizza ovens); formal dining venues (often as wait-service); casual gathering spaces (e.g. lounges) and meeting rooms; libraries, computer labs, and creative arts studios; spas/salons, some including massage/aromatherapy rooms;

wellness/fitness centers, with such features as indoor and/or outdoor pools, cardio equipment, aerobics/dance classrooms, and Nintendo Wii gaming rooms; outdoor venues (rooftop/outdoor cafés, gardens, walking trails); spiritual spaces (for meditation, religious services); and clinic/therapy spaces, from physical therapy facilities to medical office suites with exam rooms and offices for visiting physicians.

In addition, when asked what design elements were included specifically to attract the targeted market, a great diversity in responses was received, as would be expected. However, a few commonalities were reported, such as offering multiple dining venues, with casual to formal options, and fitness/spa/wellness amenities to meet market demand.

Prevalence of Common Amenities



Award-winning DFAR11 projects that described a theme of offering choice through extensive amenities include:

- The Mather South
- The Boulders at the RiverWoods of Exeter
- Atria Tamalpais Creek
- Moldaw Family Residences at the Taube Koret Campus for Jewish Life
- Franciscan Sisters of St. Joseph



Top row: (L to R) The Boulders at the RiverWoods of Exeter © Rob Karosis; Air Force Villages © Casey Dunn; South Franklin Circle © Brad Feinknopf | Bottom row: (L to R) St. John's on the Lake © Chris Barrett; The Boulders at the RiverWoods of Exeter © Rob Karosis; Moldaw Family Residences at the Taube Koret Campus for Jewish Life © Tim Griffith

In Their Own Words

The Boulders at the RiverWoods of Exeter

"Recognizing the need to provide a broad array of services and amenities for its residents, programming spaces and places that offered daily variety within each neighborhood as well as the entire campus became a key component of the design... [And] as RiverWoods expanded, the design goals addressed the younger age of those who were considering retirement communities, and therefore, the focus changed. Fitness and pool areas are more prominently positioned and accessible, the dining design became more open and interactive, and new concepts were introduced, like the Boulders Bistro, complete with pizza oven and cappuccino machine."

Moldaw Family Residences at the Taube Koret Campus for Jewish Life

"Senior housing is vertically and horizontally integrated with fitness facilities/pools, children's educational/social programs; cultural arts on a small, urban site... [Plus] the Schultz Cultural Arts Hall, [which] is a spectacular and flexible center for year-round performances, lectures and events with writers, dancers, artists, actors and educators... The Stanford Hospital Health Library is [also] a free, public consumer health information library with scientifically-based medical information, empowering people to make informed decisions about all aspects of their health and healthcare."

The Mather South

A fun and unique dining experience is provided by a computerized wine dispensing system in the bistro. Residents can purchase individual servings of wine using a pre-paid smart card.

Longwood at Oakmont: Hanna Healthcare Center

The Country Kitchen, often found in Skilled Nursing and Assisted Living facilities, is typically a shared space where residents and staff overlap. As this project describes, "country/serving kitchens can be very busy places in preparation for meals three times a day so in addition to the residential country kitchen, a second activity kitchen was provided directly between the living and dining rooms. This allows kitchen/cooking activities to take place in an area removed from the serving/staff component of mealtimes. This area serves as a real hub of activity where residents can feel comfortable and safe any time of the day and staff members have another activity area option."

Promoting Resident Sense of Community

Sense of community is being promoted by common spaces that encourage socialization—both informal/spontaneous social interaction spaces (e.g. lobby, mail area, laundry room), as well as formal/planned social interaction spaces (e.g. dining room, activity room). Also described were

communal dining venues, wide hallways with places to sit and chat, spaces that encourage/support visitors, and providing a circulation system that promotes socialization, with short walking distances and ease of access to common areas to encourage use.

Award-winning DFAR11 projects that described a theme of promoting resident sense of community include:

- Landis Homes: Hybrid Homes
- Penick Village Garden Cottage
- The Houses on Bayberry: Arbor Acres United Methodist Retirement Community
- Longwood at Oakmont: Hanna Healthcare Center
- Armstrong Senior Housing
- Read Cloister Nursing Community
- Jewish Home Lifecare
- Mary's Meadow at Providence Place

In Their Own Words

Landis Homes: Hybrid Homes

Each building of 12-13 apartments includes a larger community room, plus a “hearth room” on each floor. In addition, shared service spaces “associated with typical daily routines such as a mail room or recycling area” promotes informal social interactions.

Penick Village Garden Cottage

“The view of the great room from almost every resident room door affords residents the awareness of group activities and they can decide to participate fully or from the periphery. The very short travel distance between any two points in the house encourages less-mobile residents to venture out.”

The Houses on Bayberry: Arbor Acres United Methodist Retirement Community

“The covered front porches serve as a catalyst for neighbors to connect with each other and the shared gardens encourage community among the residents living around them.”

Longwood at Oakmont: Hanna Healthcare Center

“The new households, and particularly the dining rooms/country kitchens/activity kitchens, enable the provider to be both more resident and team member focused... Likewise, eliminating the traditional nursing station breaks down a significant physical and psychological barrier between staff and residents.”

Armstrong Senior Housing

There is a “commitment to creating small opportunities for social connection throughout the building. Outside the official common spaces of the community room and courtyard, this building has a wide array of small social spaces scattered throughout. These include: living room-style landings near elevators and stair towers; laundry lounges on every level; pop-out bays in the stair towers and corridors on every level that are furnished with tables or benches for rest or conversation; and wide corridors that allow for walkers or wheelchairs to pass or accommodate conversation without compromising traffic flow.”

Read Cloister Nursing Community

“The skilled nursing dining room historically was too small and uninviting for residents to host guests. This renovation doubled the square footage, allowing ample seating for residents to regularly host friends and family. An example of this success was seen at holiday meals when unprecedented numbers of guests were served in the Bistro. The additional space and welcoming atmosphere also gives residents the opportunity to have friends from other areas of the community (i.e. independent living or assisted living) join them for a meal. The Bistro strengthened the sense of community on campus, eased transition resistance, and helped many residents who were fearful of the skilled nursing environment to become familiar and comfortable with it.”



The covered front porches and shared gardens at The Houses on Bayberry serve as a catalyst for neighbors to connect with one another.

The Houses on Bayberry: Arbor Acres United Methodist Retirement Community
Photograph courtesy of: Larry Lefever Photography



The open plan of the Penick Village Garden Cottage's households offers short walking distances that encourage resident participation, in addition to offering the ability to preview the space to decide whether or not to participate in group activities.

Penick Village Garden Cottage
Photograph courtesy of: JamesWest/JWest Productions

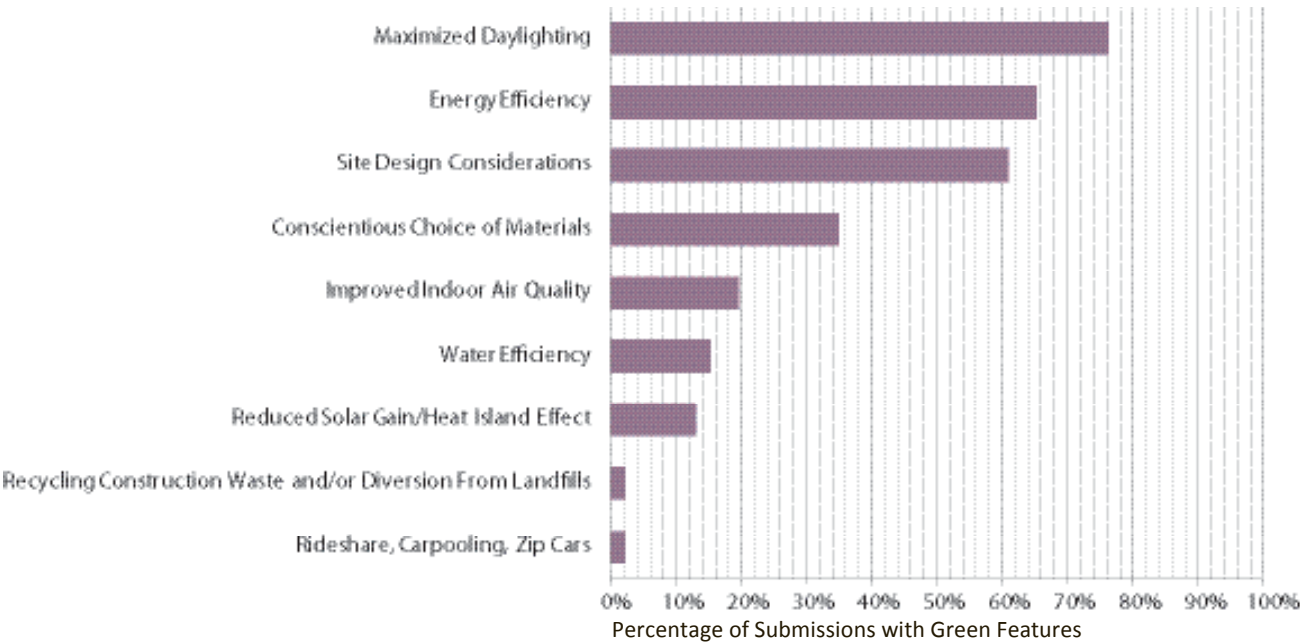
Ecologically Sustainable Design/Construction Practices

Thirty eight percent of the award-winning projects—and 32% of all of the DFAR11 submissions—are, or are registered to be, certified as ecologically sustainable by an independent organization. These percentages are up quite a bit from the 19% of projects submitted for the DFAR10 awards cycle.

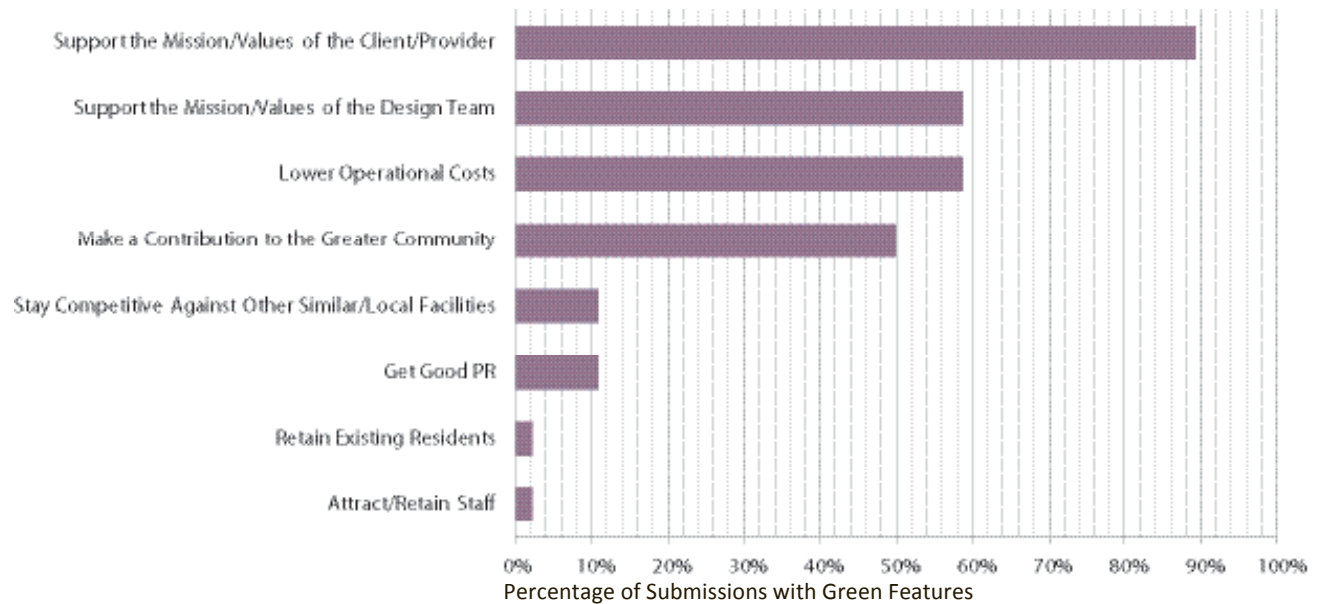
Similar to DFAR10, however, the majority of submissions are being certified under Leadership in Energy and Environmental Design (LEED). Though a few are designed to meet the standards of CALGreen (the California Green Building Requirements), Energy Star, and one as an Audubon International Silver Signature Sanctuary. In addition, several projects mentioned that they were designed to meet LEED standards, but that the owner/client chose not to go through the certification process.

Ecologically sustainable design features incorporated by the award-winning DFAR11 projects include energy efficiency; conscientious choices of materials; water efficiency; reduced solar gain or heat island effect; improved indoor air quality; conscientious site design/location choices; maximized daylighting through profuse glazing (including skylights) and/or building orientation; recycling of construction waste and/or diverting materials from landfills; and/or creating educational programs about the project’s “green” design elements.

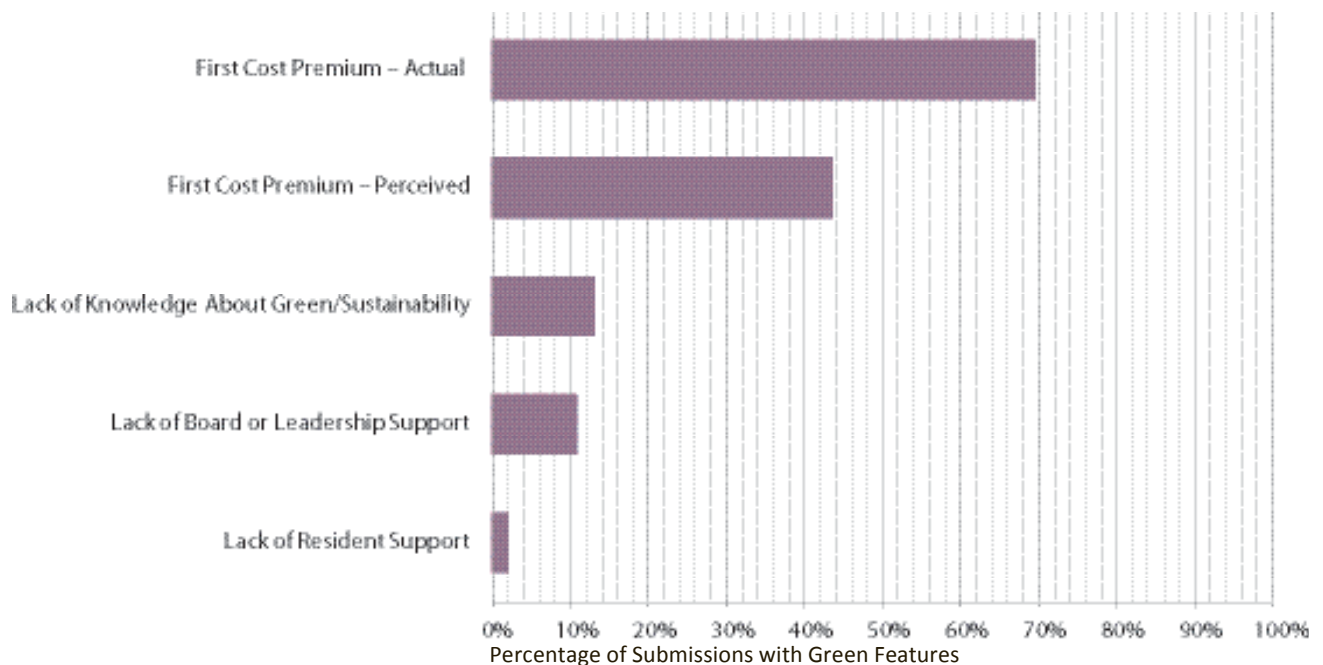
In fact, when asked which ecologically sustainable design features had the greatest impact on the project’s design, the projects that included green features (92% of all submissions) indicated that maximizing daylighting, improving energy efficiency, and site considerations were the most influential. In addition, out of all the DFAR11 submissions, 24% are built on greenfield sites; and 40% are on brownfields.



When asked about their primary motivations for including ecologically sustainable features, making a contribution to the greater community was the most popular response amongst all applicants. Lowering operational costs and supporting the mission/values of the design team and client/provider were also common responses.



Almost all of the submissions, however, were faced with some challenges when they attempted to incorporate green features. Actual first cost premiums were the greatest deterrent, followed by perceived costs.



Award-winning DFAR11 projects that described a theme of ecological sustainability include:

- Armstrong Senior Housing
- Willson Hospice House
- Atria Tamalpias Creek
- Penick Village Garden Cottage
- South Franklin Circle
- Franciscan Sisters of St. Joseph
- Landis Homes: Hybrid Homes
- AgeSong at Bayside Park

In Their Own Words

Willson Hospice House

Energy conservation strategies:

"Energy usage was reduced by 20.8% through the incorporation of: high-efficiency water source heat pumps, cooling tower, and high-efficiency condensing boilers for heating; roof overhangs, trellises and other exterior shading devices to minimize heat gain and control glare; efficient double-pane low-E glazing; and R-21 insulation at walls and R-30 insulation at roofs."

Atria Tamalpias Creek

Site design/location choices:

"A comprehensive tree survey was conducted by a certified arborist at the outset of the design process... the project required a balanced approach including management, thinning, and replacement to restore the health of the existing tree canopy... During design, new circulation, planting, irrigation, utilities and grading were designed around the existing trees to preserve as much of the historic tree canopy as feasible. Over 100 trees were identified for preservation and protection, trees in poor health were identified for removal, and other specimen trees were identified to be transplanted and incorporated into the project renovation. New plantings were designed to complement and enhance the existing trees to remain. During construction, trees were protected using protection-zone signage, fencing, and organic mulch. Machine excavation and other digging were not allowed within the drip-line. Hand excavation was utilized as necessary for implementation of the design. Drainage of water and noxious construction materials were directed away from the zone of protected trees."

Armstrong Senior Housing

Water conservation strategies:

This project includes "drought-tolerant and native/adaptive landscaping [to reduce] water use by 50%; a site-wide stormwater management system, in which more than 75% of rainfall is captured and retained to prevent runoff from overwhelming the city system; roof and podium drains capture and then filter water into two vegetated bioswales to enter the sewer system gradually; dual-flush toilets where allowable (per ADA) for a 20% reduction in water use; and low-flow fixtures in baths and kitchens."

Energy conservation strategies:

This project includes a 52 kW photovoltaic array on the roof to heat domestic water and light the common spaces; a cool roof; daylight controls and occupancy sensors in all corridors; thermally efficient and operable windows for daylighting and ventilation; Energy Star-rated refrigerators; and the interior of the garage is painted white, reducing lighting needs.

Franciscan Sisters of St. Joseph

Energy conservation strategies:

"St. Francis, in particular, is identified with the natural world and had a special affinity with living creatures. As such, the Sisters felt that whatever they would build should reflect their goal of being good stewards of the earth...They insisted that this building be respectful of the environment and use systems that would be energy efficient, in keeping with St. Francis' connection with nature and the living world... [The project includes] high efficiency boilers; radiant floor heating; exceeds code for wall and roof insulation with a combination of fiberglass batts and icynene; heat recovery from all ducted returns; hybrid heating and cooling system in independent living households that uses ceiling fans, has no air conditioning with reheat coils as part of the air distribution system for winter heating; high efficiency lighting system with motion detectors in public areas; premium efficiency motors in MEP equipment; and the building has been wired to add photovoltaic panels in the future."



Raised planter beds in the main courtyard are available to gardening residents.

Armstrong Senior Housing

Photograph courtesy of: David Baker + Partners

Neighborhood/Household Model and Person-Centered Care

Not too long ago, housing for the elderly—especially frail elderly needing long-term care—was provided in traditional, institutional facilities. The approaches to care and the design of the physical environment did not support providing personalized care. However, a new industry perspective has evolved to bring about significant change in both models of care and the way physical environments support staff, residents, and family of residents.

The development of the household model, or groups of households into neighborhoods, represents this shift. As seen in DFAR10 and again in DFAR11 submissions, the prevalence of the household model amongst Skilled Nursing and even some Assisted Living projects is further evidence that this trend has become mainstream. DFAR11 also saw a rise in urban adaptations of the Green House® model of care.

Award-winning DFAR11 projects that described a theme of including the neighborhood/household model or person-centered care include:

- Jewish Home Lifecare
- Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
- Willson Hospice House
- Longwood at Oakmont: Hanna Healthcare Center
- Air Force Villages
- Penick Village Garden Cottage
- Mary's Meadow at Providence Place
- Franciscan Sisters of St. Joseph

In Their Own Words

Jewish Home Lifecare

This building is an urban adaptation of the Green House® model of care, where there are 24 “apartments” on twelve floors. “Each apartment will contain private rooms for 12 residents along with the kitchen, dining and living spaces. Older adults in need of short-term transitional care will be accommodated on the short term rehab floors where each floor contains complete rehab programs.”

Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®

“Using the guidelines of the Green House® Project within a small available site area dictated that the residential houses would be stacked vertically on five floors, similar to apartment housing common in the urban community in which the project is located... Ten independent houses focus on enhancing the quality of life of each resident by providing nursing care within the comfort, privacy and familiar surroundings of home... Two of the houses offer advanced assistive technology for individuals with severe physical disabilities associated with ALS and MS disease.”

Longwood at Oakmont: Hanna Healthcare Center

“To support the operational shift to resident-centered care the environment needed to facilitate that change by reorganizing the existing institutional nursing units into smaller residential styled households that are reinforced by separate household living and dining areas.”

Mary's Meadow at Providence Place

“By creating a home-like environment and staffing it with dedicated people who come to know the residents they care for in a way that exceeds that typically found in nursing homes, the goal is to create an environment that promotes improved health and welfare for the residents as they live out the end of their lives.”



The Skilled Nursing Green Houses® at the Leonard Florence Center for Living enhance the quality of life of each resident by providing nursing care within the comfort, privacy, and familiar surroundings of home. Designed like a typical urban residence, there is a hierarchy of public to private spaces, moving someone from the street into the home. Staff spaces are discrete from and secondary to the main living spaces.

Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®

Photograph courtesy of: Robert Benson Photography

Aging-In-Place

Providing supports for aging-in-place is becoming more and more popular, changing the way people live in, move through, and receive services at senior living facilities. The specific aging-in-place features described by the award-winning DFAR11 projects include universal/accessible design; short walking distances to encourage use of common spaces; incorporating advanced assistive technology; and the provision of in-home care.

The average age that the different facility types were designed to support ranged from 76 years to 85 years of age. By facility type, the average ages were: 76 for Independent Living; 85 for Assisted Living as well as Assisted Living – Dementia/

Memory Support; 84 for Long-Term Skilled Nursing as well as Skilled Nursing – Dementia/Memory Support; and 81 for Short-Term Rehab and Hospice facilities.

When asked what percentage of residential units are accessible versus adaptable, projects with an Independent Living component stated that, on average, 23% were designed to be accessible, versus 69% adaptable. An additional 8% are neither accessible nor adaptable. For those projects with an Assisted Living component, the breakdown was a little different: On average, 50% of the units were designed to be accessible and 34% adaptable, with 16% of Assisted Living residences neither accessible nor adaptable.

Award-winning DFAR11 projects that described a theme of aging-in-place include:

- Jewish Home Lifecare
- The Townhomes on Hendricks Place
- Penick Village Garden Cottage
- Mary's Meadow at Providence Place
- Moldaw Family Residences at the Taube Koret Campus for Jewish Life
- Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
- Franciscan Sisters of St. Joseph

In Their Own Words

The Townhomes on Hendricks Place

The goal was “to design marketable units that provide desirable living amenities and flexibility to allow for aging in place. The two-story townhomes were carefully planned so that, if necessary, a resident could live very comfortably on the first floor, with the second floor functioning as a bonus area for a guest bedroom, game room, office or hobby area. All homes were designed with the option for a residential elevator to access the second floor loft. Other more discreetly supportive features for accessibility, ranging from wider door clearances through higher countertops to lower shower thresholds, are designed into all of the townhomes as well.”

Penick Village Garden Cottage

“The very short travel distance to the common room encourages less-mobile residents to venture out and join in. Universal design elements are employed throughout the Garden Cottage. Features such as lower kitchen counters to encourage residents to participate in food preparation from a comfortable sitting position; a ceramic tile no-threshold shower in every resident bathroom; ample space for accessible travel indoors and out; [and] no trip hazards all encourage mobility and participation.”

Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®

“Two houses are dedicated to the care of individuals with ALS and MS disease. These ‘smart houses’ offer renewed independence and quality of life to residents at all stages of disability. Residents have access to advanced assistive technologies, ventilator support, lifts, and personalized mobile command centers that, with eye-gaze computer technology, allow residents to open and close doors, turn lights on or off, adjust temperature settings, surf the web, or navigate television channels. Through his or her command center, the resident is able to take the elevator to the chapel or deli, venture outdoors to the terrace or the garden, or order a cold drink from the lobby café via email, all without assistance.”

In Their Own Words (continued)

Franciscan Sisters of St. Joseph

To assist with aging-in-place, “this new building would eliminate the long walking distances and multiple stairways, as well as the remoteness of outdoor devotional space that existed in the old Motherhouse. Our solution created a predominately one story structure (able-bodied Sisters would live on [a] small second floor that had elevator access) that located skilled care and independent living at much reduced and equal distances from the Chapel, which is the center of the community’s spiritual and daily

life. Formal dining areas for both populations are also located closest to their respective households. Additionally, outdoor garden and devotional areas are located between the skilled care neighborhoods as well as adjacent to the chapel. It is our understanding that Sisters who were unable to visit the old Grotto have been able to use and enjoy all of these programmed outdoor spaces, which are accessible, easily walkable and provide ample seating opportunities.”



Through shortened walking distances and centralized common areas, like the Chapel, the physical environment is better suited to allow the Franciscan Sisters of St. Joseph to age-in-place.

Franciscan Sisters of St. Joseph
Photograph courtesy of: Sarah Mechling/Perkins Eastman

Home-Like vs. Hospitality

Designers and providers today are appealing to the market's demand for choice—from choice in amenities to varied aesthetic options. Even with some people preferring a traditional, residential appearance while others would rather live in a more contemporary or hospitality-like environment, each group of potential residents is more likely to find a senior living development that appeals to their personal aesthetic.

Building layout, hierarchies of space and circulation, and other design decisions are also influenced by the 'home versus hotel' strategy that a project opts for. Though home-like, residential settings are still more common these days, contemporary and hospitality-driven approaches are also being provided.

Award-winning DFAR11 projects that described a theme of including the neighborhood/household model or person-centered care include:

- Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
- Willson Hospice House
- Longwood at Oakmont: Hanna Healthcare Center
- Penick Village Garden Cottage
- Mary's Meadow at Providence Place
- Gilchrist Center for Hospice Care

Award-winning DFAR11 projects that described a theme of providing a hospitality/resort approach include:

- Sun City Palace Showa Kinen Koen
- Atria Tamalpais Creek
- Read Cloister Nursing Community

In Their Own Words

Residential/home-like:

Willson Hospice House

"Patient rooms feature extensive stained wood trim, and unusually generous millwork with space for personal items. Headwalls disguise medical outlets and switches. Overhead ceiling fans, and double shades (both screening and blackout), as well as individual room thermostats provide maximum patient control. Reading lights are attached to the beds, not the headwalls, so patients can adjust the bed locations, even taking them out onto shared porches."

Gilchrist Center for Hospice Care

There is a "home-like setting in all publicly accessed spaces... Fireplaces, comfortable furniture, patio doors, warm colors, art work, and wood flooring. The absence of institutional elements like metal doors, white bathroom walls and vinyl flooring... Custom built-in headboards allow [a] hospital bed to look more residential while woodwork conceals vacuum, oxygen and other medical equipment."



The residential-style interiors, headwalls that hide medical equipment, and personal control over ambient conditions all help make the Willson Hospice House feel more like a true home.

Willson Hospice House
Photograph courtesy of: Jim Roof Creative, Inc.



Every aspect of the design of Penick Village Garden Cottage was measured by a simple question: “Would you have this in your home?”

Penick Village Garden Cottage

Photograph courtesy of: JamesWest/JWest Productions

In Their Own Words (continued)

Residential/home-like:

Penick Village Garden Cottage

“The goal was to create a home for 10 Assisted Living residents—home, not ‘home-like environment’... Every aspect of the design was measured by a simple question: ‘Would you have this in your home?’ The house is designed with single bedrooms and single baths, ample in size to accommodate the residents’ choice of furnishings, books, artwork—a place where each resident can be truly private.”

The Townhomes on Hendricks Place

The goal was “to design marketable units that provide desirable living amenities and flexibility to allow for aging in place. The two-story townhomes were carefully planned so that, if necessary, a resident could live very comfortably on the first floor, with the second floor functioning as a bonus area for a guest bedroom, game room, office or hobby area.

Longwood at Oakmont: Hanna Healthcare Center

“Architectural decisions to reinvent the environment were made based on establishing a functional program of creating a home. Design decisions were based primarily on the ability to reinforce this functional objective and where they would have the most impact... [including] providing all private and shared (bathroom) private rooms so privacy is not compromised. Each private bedroom space also includes a walk-in closet for the resident’s personal belongings. Bed linens, towels and other supplies for that resident are also stored in the walk-in closet eliminating the need for service carts. Each room also has a fully accessible bathroom including a shower for a much more dignified bathing experience... The required nurse station, medications and other service areas are tucked away to allow the resident areas to become the new centerpiece of the household.”

In Their Own Words (continued)

Hospitality/resort approach:

Sun City Palace Showa Kinen Koen

"The developed facility was to have an air of exclusivity: the moment you went onto the property it was to be as if you had arrived at a fine hotel... All spaces are graciously proportioned and have phenomenal access to light and air, exactly as if it were planned as a resort, but one where people will live every day... Interior design, furnishing and finishes are of the highest quality."

Atria Tamalpais Creek

"The renovation adapts a newer residential model infused with amenities and services borrowed from hospitality, retail, and resorts. The focus on hospitality is carried throughout the design with amenity rich spaces such as informal living and lounge areas, a salon with spa services, and a diverse range of dining choices with longer hours of operation and extensive menu choices. This hospitality-oriented residential environment enhances the quality of life for the residents by fostering independence, choice, dignity, and privacy."

Read Cloister Nursing Community

"A goal of the renovation was to bring the quality of the skilled nursing environment up to the level seen throughout the rest of the campus. The provider was committed to the intention that while resident need and care levels may be revealing, one would not recognize the environment in the dining room as skilled nursing by the surroundings. The high quality finishes selected and contemporary design promote a resort-type environment and eliminate any institutional characteristics. From the transitional glass tile to modern spot and drop lights, the environment feels more like a restaurant than a skilled nursing facility."



Even the residents of the Skilled Nursing facility at the Read Cloister Nursing Community are treated to a hospitality-styled environment, with a dining room that looks more like a restaurant than a nursing home.

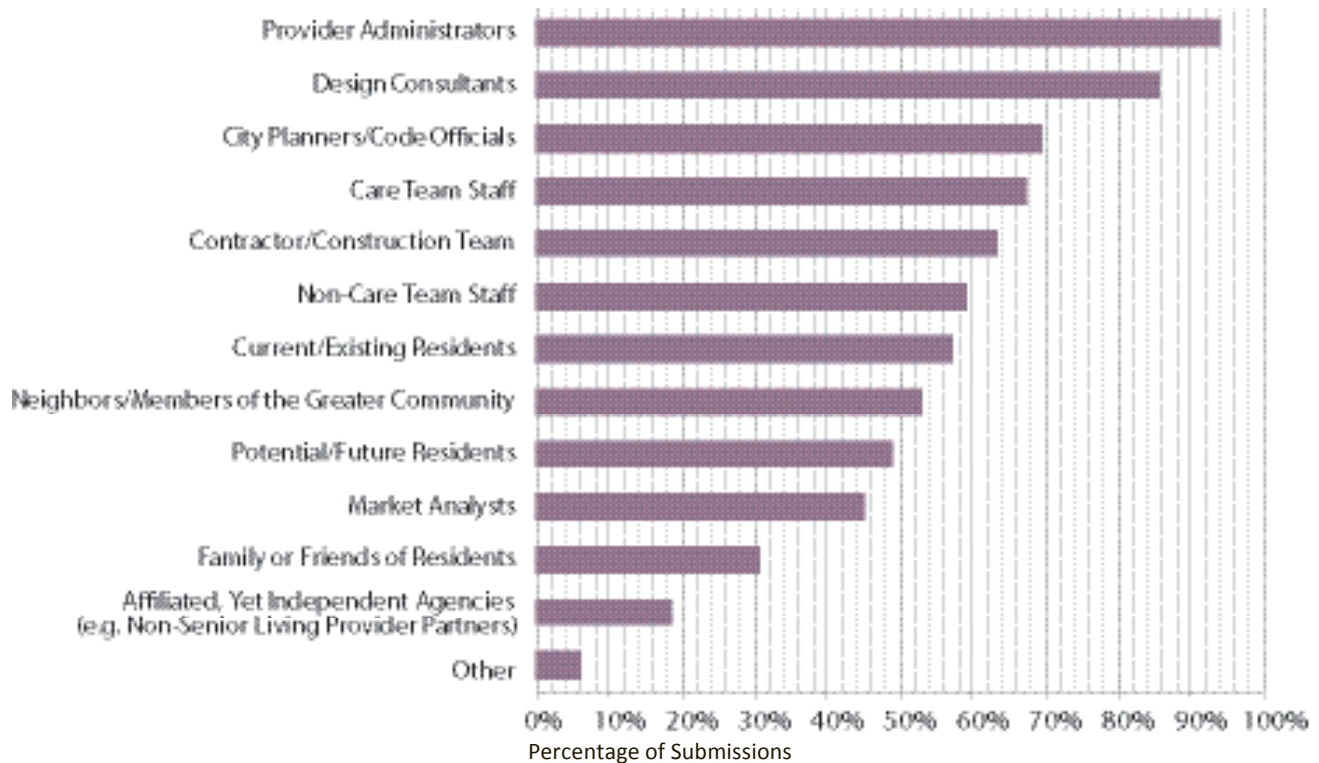
Read Cloister Nursing Community
Photograph courtesy of: W. Baker and GMK

Collaboration During Design/Construction

Collaboration during the design process can allow a design team to better hone in on the client's goals, stakeholder objectives, and interests of existing—or even prospective—building occupants. Working with city officials, licensing boards, and community organizations or businesses can also open up opportunities that may not have otherwise existed.

In fact, 96% of all submitted projects used, to some degree, a collaborative process during the design process. (See graph below). Of those involved in a collaborative process,

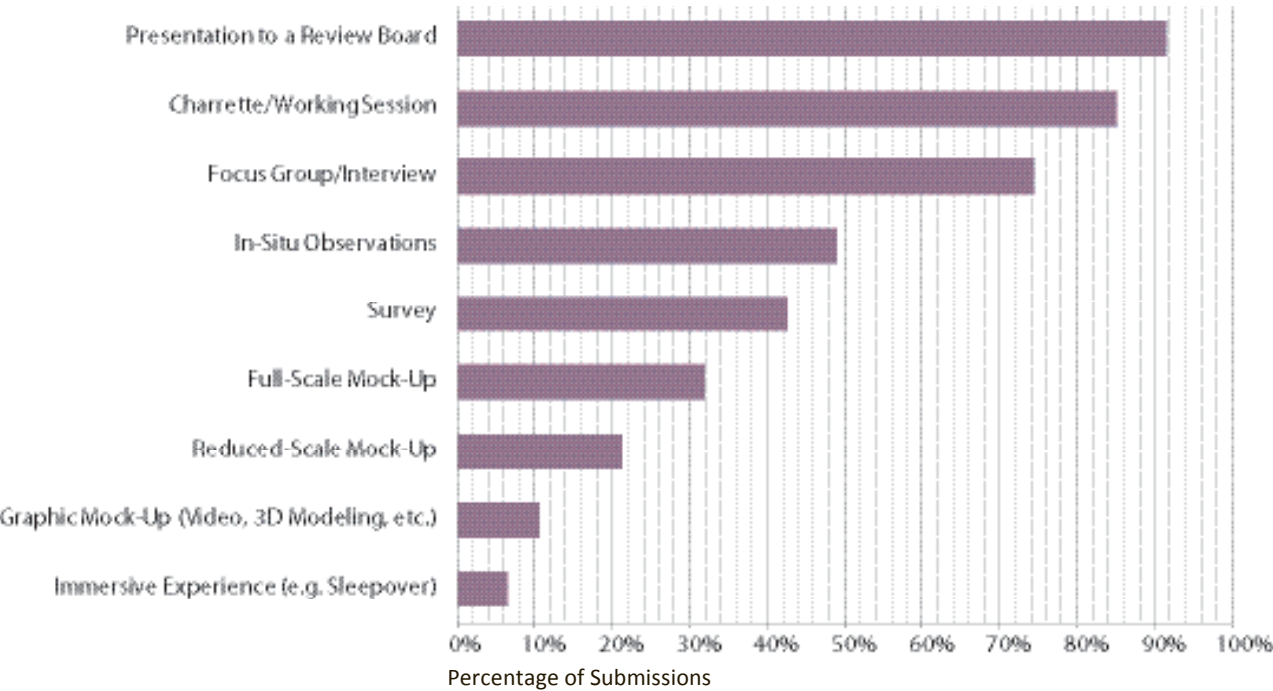
over three-quarters worked with client/owner administrators and additional design consultants (who may or may not be in a design field). Over half of the projects also joined forces with city planners/code officials, facility staff and residents, the contractor/construction team, or members of the greater community (people, businesses, and/or organizations). One award-winning project even went so far as to get advice from a horticulturalist to help plan an extensive preservation and relocation project for the site's existing trees.



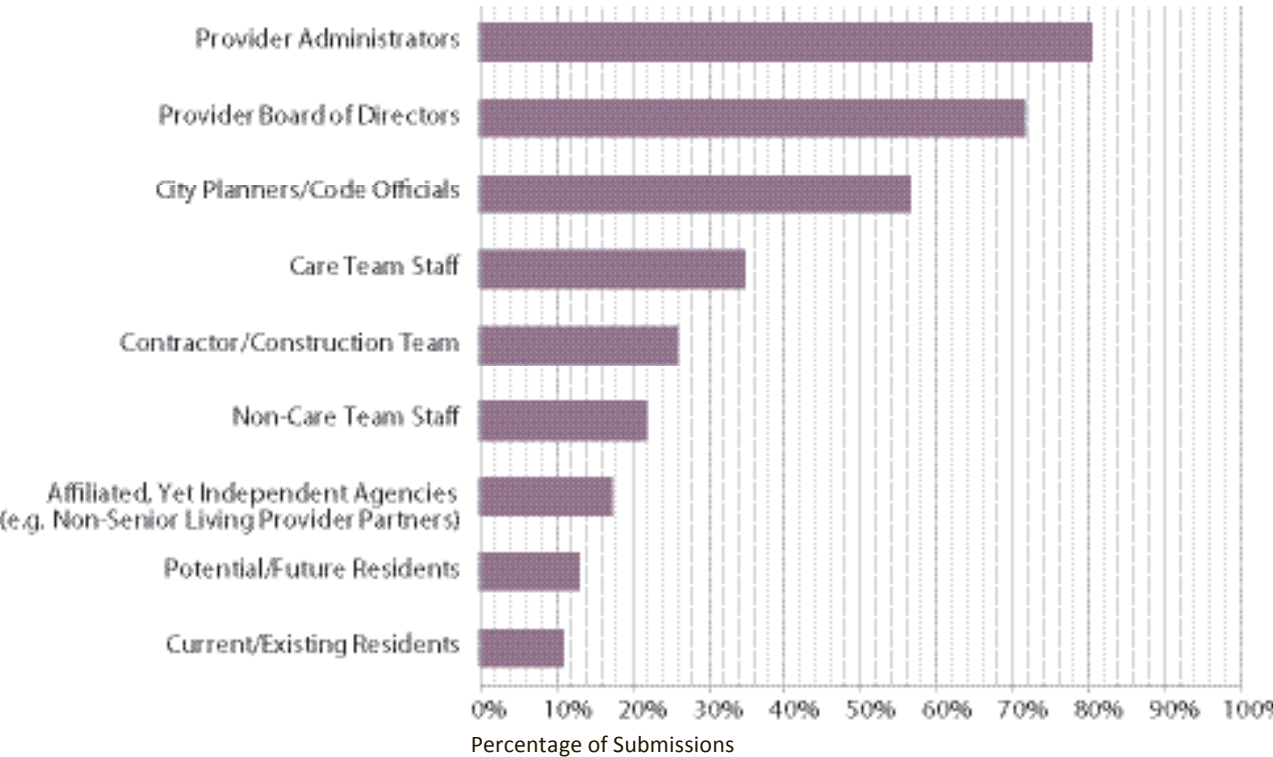
Award-winning DFAR11 projects that described a theme of collaboration during design and/or construction include:

- Mabuhay Court
- Foulkeways at Gwynedd
- Sun City Palace Showa Kinen Koen
- Willson Hospice House
- Moldaw Family Residences at the Taube Koret Campus for Jewish Life
- St. John's on the Lake

The ways that project teams collaborated varied, though over three-quarters presented to a review board, held a charrette/working session, and/or conducted focus group interviews. Making observations and surveying were also common; and several projects also created mock-ups, whether in full- or reduced scales or through graphic representations (e.g. 3D modeling).



In terms of having a decision-making role, beyond the design team itself, client/owner administrators and Board of Director input were, not surprisingly, the most common voices heard; likewise, city planners/code officials. However, over one-third of the submissions also gave care team staff a deciding role. Other stakeholders, like partnering affiliated yet independent agencies and residents (potential or existing) did have some degree of say, as well.



In Their Own Words

Foulkeways at Gwynedd

"After receiving 246 letters from residents that 'challenged' every aspect of the initial design, the [design] team reviewed their input and went back to the drawing board. The resulting new plan for updating the community center cost \$2 million less than the original plan and had buy-in from the residents for a comfortable, amenity-rich community center that was unique to Foulkeways."

Willson Hospice House

"To best protect the 210-acre site and its wetlands, the team began by walking the property with a nationally-known local ecologist who identified indigenous species and suggested building placement."

St. John's on the Lake

"The process in which the units were designed was very unique. It included in-depth interviews with existing and future residents. The design team met with potential residents in their current homes to ensure that the new Independent Living apartments would meet their lifestyles... [And] to achieve comprehensive, innovative programming that supports holistic wellness, the design team met with the University of Wisconsin at Milwaukee, local churches, marketing consultants, food service consultants, community organizations, and local businesses."



Photograph courtesy of: Perkins Eastman

Intergenerational Developments

The intergenerational projects submitted to DFAR11 provide residences where seniors live side-by-side other, younger members of the community. Mixed-use developments that are frequented by people from throughout the neighborhood were

also common. Offering services to a wide variety of people, such as publically accessed fitness facilities or on-site childcare where seniors can volunteer or just watch the children at play, also allow people of different age groups to interact.

Award-winning DFAR11 projects that described a theme of promoting an intergenerational development include:

- Armstrong Senior Housing
- Mabuhay Court
- Moldaw Family Residences at the Taube Koret Campus for Jewish Life
- St. John's on the Lake
- AgeSong at Bayside Park

In Their Own Words

Mabuhay Court

"This project is an innovative mixed-use public-private partnership [that] combines two separate uses in a graceful plan: 96 very low- and extremely low-income senior housing units, and a brand new intergenerational community center that provides services to senior residents and local residents, including children."

St. John's on the Lake

"The building offers a hospitality branded street-side café, art gallery, spa and wellness center, classroom and community performance space—all within easy access for future and existing residents, along with access for the community to create an intergenerational environment."

Armstrong Senior Housing

This project includes "affordable urban townhomes [designed] to keep growing families in the city adjacent to senior apartments to prevent seniors from living in isolation."

Moldaw Family Residences at the Taube Koret Campus for Jewish Life

"The senior residences were designed to engage seniors, releasing their capabilities through design and serendipitous social life, located in the heart of a new, intergenerational village created for Northern California families... [On site is the] T'enna Preschool and Leslie Family Early Childhood and Family Education Center. This is directly under 2 and 3 floors of resident living. Seniors maintain the children's garden/play area (visible from apartments above) as well as volunteering throughout the campus."



At the Moldaw Family Residences at the Taube Koret Campus for Jewish Life, they believe that "surrounding seniors with people engaged in life brings life to seniors and seniors back into family's lives."

Moldaw Family Residences at the Taube Koret Campus for Jewish Life
Photograph courtesy of: Tim Griffith

Focusing on Affordability

Affordability is a common concern for any project these days. Though, several award-winning DFAR11 projects indicated that this was a major influence on their design. These projects described how they offer more affordable—or

even rent-free—housing options, plus ways in which features of higher-end developments can still be achieved at a lower cost per square foot.

Award-winning DFAR11 projects that described a theme of affordability include:

- Landis Homes: Hybrid Homes
- Armstrong Senior Housing
- Franciscan Sisters of St. Joseph
- The Houses on Bayberry: Arbor Acres United Methodist Retirement Community
- AgeSong at Bayside Park

In Their Own Words

Franciscan Sisters of St. Joseph

“The design was developed to anticipate a lay community of affordable senior housing that could provide independent and long-term care. To meet the affordable criteria, it was felt that the 300 SF studios of independent living would meet market needs, and the skilled care rooms are of equal size.”

The Houses on Bayberry: Arbor Acres United Methodist Retirement Community

“Virtually every provider strives to provide affordable, low-cost housing options for their constituents. Few are able to achieve this goal without sacrificing aesthetics. At \$113/SF, the project achieved the owner’s affordability goals without compromising design integrity. Despite their small size and affordability, the Houses on Bayberry deliver handicap accessibility, sheltering porches, adjacent parking, walk-in closets, cathedral ceilings generously lit from above with dormer skylights and covered connections to common areas.”

Armstrong Senior Housing

In this building, “23 of the units are set aside for formerly homeless seniors participating in San Francisco’s Direct Access to Housing Program. These residents are eligible for intensive on-site social services that will enable them to transition to independent living. One of the main goals was to serve local extremely low-income seniors (individuals at or below 30% of Area Median Income). The current residents pay rent ranging from \$0 to \$635 per month, depending on income... [In addition,] LEED Gold certification (pending) is rare in affordable housing projects, but canny and efficient execution of sustainable strategies allows for sustainable construction within a budget, removing the elitism from green building.”

Holistic Wellness

According to the *National Whole Person Wellness Survey* (2006, sponsored by Mather LifeWays, architectural firm Dorsky Hodgson Parrish Yue, and Ziegler Capital Markets Group), there are seven dimensions of wellness:

Dimensions of Holistic Wellness	
Physical	Promotes involvement in physical activities for cardiovascular endurance, muscular strengthening, and flexibility. Advocates healthy lifestyle habits, encourages personal safety, and appropriate use of the healthcare system.
Social	Emphasizes creating/maintaining healthy relationships by talking, sharing interests, and actively participating in social events.
Intellectual	Encourages individuals to expand their knowledge and skill base through a variety of resources and cultural activities.
Emotional	Involves the capacity to manage feelings and behaviors, recognize and express feelings, control stress, problem solve, and manage success and failure.
Spiritual	Includes seeking meaning and purpose, demonstrating values through behaviors, such as meditation, prayer, and contemplation of life/death, as well as appreciating beauty, nature, and life.
Vocational (Occupational)	Emphasizes the process of determining and achieving personal and occupational interests through meaningful activities including life-span occupations, learning new skills, volunteering, and developing new interests or hobbies.
Environmental	Focuses on protecting and improving their personal environment and the environment at large for health and safety benefits for themselves and the generations that follow.

Design decisions that support holistic wellness were highlighted by a handful of award-winning DFAR11 projects. Features include extensive fitness and wellness facilities; communal dining rooms and indoor and outdoor venues for social gatherings; public libraries, lecture halls, and meeting/classrooms; options

for choice, privacy, and control to balance emotional needs; places for reflection, meditation, or spiritual worship; areas to support or learn new skills and hobbies; and ecologically sustainable design practices (as previously described).

Award-winning DFAR11 projects that described a theme of promoting holistic wellness include:

- Moldaw Family Residences at the Taube Koret Campus for Jewish Life
- South Franklin Circle
- St. John’s on the Lake
- AgeSong at Bayside Park

In Their Own Words

Mabuhay Court South Franklin Circle

“Creating a community that promotes comprehensive physical and mental wellness was at the heart of the design approach. The village square with outlying parcels allows residents to retain their individuality and lifestyle in their residences, while providing a vibrant social hub at the Community Center where residents can connect and engage in a wide range of social, fitness, intellectual and cultural activities.”

St. John’s on the Lake

“Saint John’s fully embraces a person-first philosophy that promotes holistic wellness and a healthy lifestyle. It was very important that their new independent living building provide environments that promote the health and wellness of the whole being and cater to the six dimensions of wellness: physical, intellectual, social, vocational, spiritual, and emotional. All of the spaces within the existing building and the new building are designed to be flexible to address these six dimensions. The circulation path is central to this goal, providing a loop for walking during any season and encouraging residents to participate in various wellness-based programs.”

In Their Own Words (continued)

AgeSong at Bayside Park

"The Kneipp philosophy is a holistic approach to health and healing and is integrated into the building and thus the residents' lives. It is structured around five basic tenants: Water, Plants, Exercise, Nutrition and Balance. These tenants are incorporated into the building in the form of

hydrotherapy facilities, planted courtyards, exercise rooms, menus offering organic local food, and meditation services. These individual elements develop their full potential when combined in a conscious and balanced lifestyle."



AgeSong at Bayside Park includes outdoor spaces, various dining options, a library, art studio, meditation room (pictured), and fitness facilities alongside a care philosophy that supports the seven dimensions of holistic wellness.

AgeSong at Bayside Park
Photograph courtesy of: Bruce Damonte Photography

Family/Visitor Support

Design elements that support visitation of family and friends are essential to the well-being of residents, from social opportunities to maintaining connections to the lives they led before moving into the facility. The ability for family to approach (or be approached by) staff to develop meaningful relationships can also help caregivers better provide for individual needs. In addition, encouraging residents from

different parts of the building or campus to mingle can break down barriers, such as transition resistance.

Design decisions to support families and visitors included private, quiet places to spend time with guests (including outdoor spaces); guest suites or in-room accommodations for overnight stays; and playrooms/playgrounds for visiting children.

Award-winning DFAR11 projects that described a theme of supporting family/residents include:

- Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
- Willson Hospice House
- The Boulders at the RiverWoods of Exeter
- Gilchrist Center for Hospice Care

In Their Own Words

Willson Hospice House

"Beds for family members staying overnight are built into window seats, an arrangement which keeps crucial nursing space clear around the patient beds... Family living rooms are located immediately outside patient rooms within earshot. Each is outfitted with a reading inglenook, millwork for children's games, a dining area, and conversation area. Each living room also has ready access onto two outdoor terraces protected by sunscreens. Other spaces designed particularly for family include a kitchenette with banquette seating, a dedicated children's playroom, a quiet room, sunroom, and chapel."

Gilchrist Center for Hospice Care

The project includes "private patient rooms that accommodate visitors overnight, ...secluded family areas for grief consultation and relaxation... [and] play areas for children and sleeping chairs for adults in rooms with residential settings like living room and den. Families feel welcome in the residential environment with rooms to congregate and spaces to reflect such as the garden and meditation room."



Window seat beds within the residents' rooms, children's play areas, a kitchenette with banquette seating, and many other features have been designed into the Willson Hospice House to support visiting families.

Willson Hospice House
Photograph courtesy of Jim Roof Creative, Inc.

In Their Own Words (continued)

Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®

Design decisions that support holistic wellness were highlighted by a handful of award-winning DFAR11 projects. Features include extensive fitness and wellness facilities; communal dining rooms and indoor and outdoor venues for social gatherings; public libraries, lecture halls, and meeting/classrooms; options

for choice, privacy, and control to balance emotional needs; places for reflection, meditation, or spiritual worship; areas to support or learn new skills and hobbies; and ecologically sustainable design practices (as previously described).



The Skilled Nursing Green Houses® at the Leonard Florence Center for Living include features like pull-out couches and places to chat to encourage family members and friends to visit.

Leonard Florence Center for Living: New 100-Bed Skilled Nursing Green House®
Photograph courtesy of Robert Benson Photography

Repositioning/Improving Marketability

Features to improve the marketability of the award-winning DFAR11 projects included renovations to improve

accessibility as well as modernizations/upgrades to existing spaces, finishes, and/or the programming offered.

Award-winning DFAR11 projects that described a theme of repositioning/improving marketability include:

- Atria Tamalpais Creek
- Air Force Villages
- St. John's on the Lake
- Franciscan Sisters of St. Joseph

In Their Own Words

St. John's on the Lake

"The driving factor behind this project was to appeal to the shift in the marketplace and address demands of the new consumer, including greater choice in living options and amenities. The new independent living tower offers larger apartments with multiple layout options that appeal to a more modern lifestyle with open and spacious floor plans and outdoor space. The public amenities offer choice in dining options, a comprehensive wellness program, and outdoor terraces."

Atria Tamalpais Creek

"The renovation prioritized opportunities to re-purpose underutilized common areas, creating new and enhanced amenity spaces in support of the Owner's mission to address goals for sustainability... In addition to the enhancement of shared common spaces, the renovation included extensive re-finishing and minor remodeling of the apartments to increase the accessibility and upgrade the quality of the interiors... The Owner/Operator recognized that the property needed a renovation to appeal to the existing and future residents. To attract and retain these potential residents the renovation focused on enhancing the quality of design, creating more amenities, and integrating sustainability."

Franciscan Sisters of St. Joseph

"This project was seen by the Franciscan Sisters of St. Joseph as a necessary step to provide an age-in-place replacement convent for their membership that would better serve the needs of their aging Sisters and that could ultimately, once the Sisters had passed on, be used as affordable senior housing for the lay community at large... the design was developed to anticipate a lay community of affordable senior housing, that could provide independent and long-term care... We also anticipated the eventual use by providing a fitness and pool area that would appeal to a lay community. The Sisters have enjoyed these [amenities] in the meantime as part of their own fitness/wellness activities. A full commercial kitchen, multi-purpose and meeting space, two guest suites (similar to Independent Living studios) for guests, a library and various meeting rooms were all designed to meet and anticipate market needs in the future."



A before and after view to the new main entry at Atria Tamalpais Creek, through the entry procession gardens.

From Left to Right: Atria Tamalpais Creek Entry Procession Before, photograph courtesy of GGLO;
Atria Tamalpais Creek Entry Procession After, photograph courtesy of: Derek Reeves



The existing building at St. John's on the Lake was renovated to better meet market demands and to connect to the greater community. A street side gran-and-go style Bistro Cafe provides a new vibrant dining venue for residents, staff, and the surrounding community.

St. John's on the Lake

Photograph courtesy of: Chris Barrett

Staff Support Spaces and Features

Job productivity and efficiency, delivery of care, communications, staff satisfaction and retention, and many other operational issues can be influenced by the design of the physical environment. Design features to support

staff included the use of technology (e.g. wireless/electronic call systems, ceiling track/lift system) and short walking distances/efficient layouts in nursing settings.

Award-winning DFAR11 projects that described a theme of supporting staff include:

- Willson Hospice House
- Mary's Meadow at Providence Place

In Their Own Words

Willson Hospice House

"Staff features include bedside charting and pocket pagers to eliminate institutional overhead paging. Nurse servers at each patient room allow medical supplies to be stocked at any hour from the corridor side without interrupting patients; items are kept close to their point of use and are easily accessed directly from the patient room. Two pods are served by small nurse work areas using simple round tables; the main nurse station in the third pod is finished with stained birch and detailed to be approachable."

Mary's Meadow at Providence Place

"To the extent possible, the service spaces are removed from the residential spaces, while still being a short distance away for staff convenience... [Plus] each resident room has a ceiling mounted lift to minimize staffing requirements and injuries."

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