Designing For The Elderly

Residential design for the elderly and development trends

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Thomson Adsett

Since 1971, firstly in Brisbane

Specialising in seniors living, health and education

Over 1,200 seniors living projects

1 of 10 largest architectural practices in Australia

2nd largest in the world specialising in seniors living

Brisbane
Rock Hampton
Cairns
Sydney
Melbourne
Jakarta
Hong Kong
Wuhan
Shanghai

Product Spectrum

Brief history of seniors living in Australia

40's and earlier
Home care

50's to 60's
Boarding houses

60's to 80's
Institutions and hospital based designs.

90's to recent
Residential aged care, household models.

Mid 90's onwards
Lifestyle products.

Product Spectrum

Brief history of seniors living in Australia

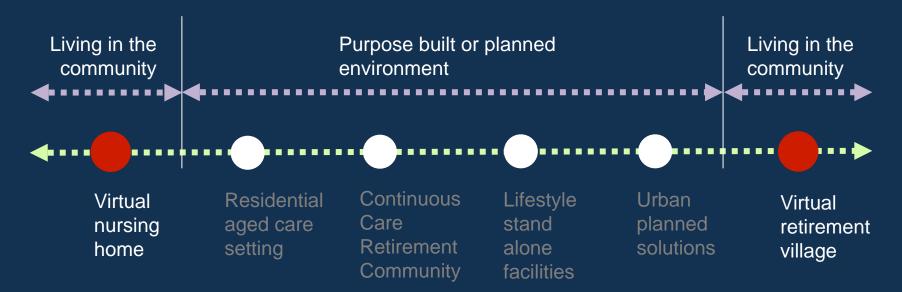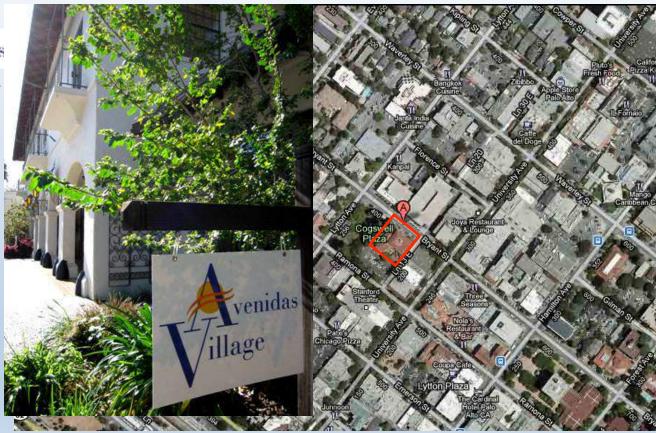| 40's and earlier Home care | 50's to 60's Boarding houses | 60's to 80's Institutions and hospital based designs. | 90's to recent Residential aged care, household models. | Mid 90's onwards Lifestyle products. |

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Industry Trends

Industry Trends

Living in the
community

Purpose built or planned
environment

Living in the
community

Virtual
nursing
home

Residential
aged care
setting

Continuous
Care
Retirement
Community

Lifestyle
stand
alone
facilities

Urban
planned
solutions

Virtual
retirement
village

Palo Alto

Avenidas Senior Center

- Founded in 1969.

- Avenidas is a community based non profit organization.

- 2 locations for facilities

    - Avenidas Senior Center @ Palo Alto

    - Avenidas Rose Kleiner Senior Day Health Center @ Mountain View

Palo Alto

Avenidas Senior Center

• Located within a renovated police & fire station building

- Senior Day Health Center

- Health & Wellness Services

- Lifelong Learning & Leisure

- Handyman Services

- Social Work Services

- Caregiver Services

- Information & Assistance Services
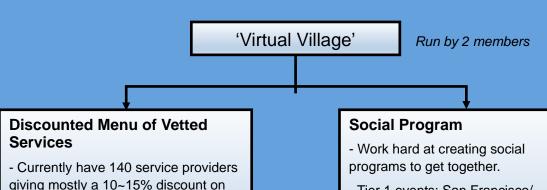
- Transportation Services

- Volunteer Corps (450 people)

Palo Alto

Avenidas Village

- Developed a virtual retirement Village known as Advenidas Village *(First on West Coast).*

    - Developed for 2-3 years

    - Based on Beacon Hill model which was founded in 2001

    - Currently 48 virtual villages in US

- 2 major components of 'virtual village':

    1) Discounted Menu of Vetted Services

    2) Social Program

'Virtual Village'   *Run by 2 members*

Discounted Menu of Vetted Services

- Currently have 140 service providers giving mostly a 10~15% discount on normal price

- 40% calls regarding Transportation

- 30% calls regarding IT Support; Plumber/ Homecare; Homecare facility

- 30% calls regarding creative problem solving.

Currently 270 members paying:

- *Single - $825 per annum*

- *Couple - $1050 per annum*

Social Program

- Work hard at creating social programs to get together.

- Tier 1 events: San Francisco/ Cultural Arts. *Cost per use basis*

- Tier 2 event: Local/ University Linkages Lecture Series etc. *Cost per use basis*

- Tier 3 events: Neighbourhood level/ neighbours to host events intimate gatherings.

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Virtual Nursing Homes

The Program of All-inclusive Care for the Elderly (PACE) model is centered around the belief that it is better for the well-being of seniors with chronic care needs and their families to be served in the community whenever possible.

PACE serves individuals who are aged 55 or older, certified by their state to need nursing home care, able to live safely in the community at the time of enrollment, and live in a PACE service area. Although all PACE participants must be certified to need nursing home care to enroll in PACE, only about seven percent of PACE participants reside in a nursing home nationally. If a PACE enrollee does need nursing home care, the PACE program pays for it and continues to coordinate his or her care.

Short Stay Homes

Transitional Care

- In Australia, 70% of acute hospital bed-days are inappropriate as a result of impaired access to residential care, palliative care, rehabilitation services, domiciliary care, community services and family support.

- Data from 2002 census into Australian public hospitals revealed that 1521 older patients occupying 3% of hospital beds and up to 18% of bed-days were awaiting transfer to nursing homes.

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Short Stay Homes

- Flinders University
- Repatriation General Hospital
- ACH Group
- South Australian Government

Repatriation General Hospital

Short Stay Homes

site boundary

ACH facility

SAH Facility

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Short Stay Homes

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Residential Aged Care
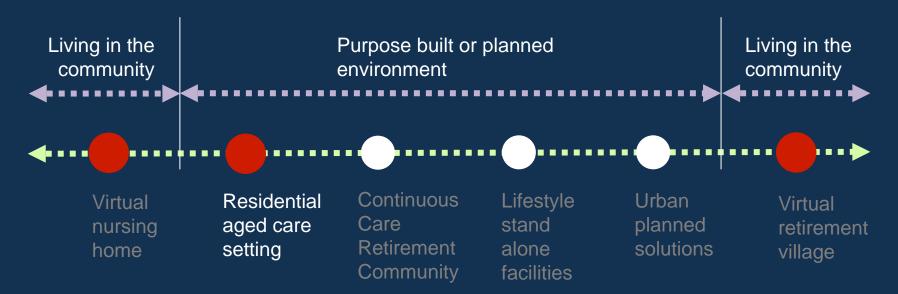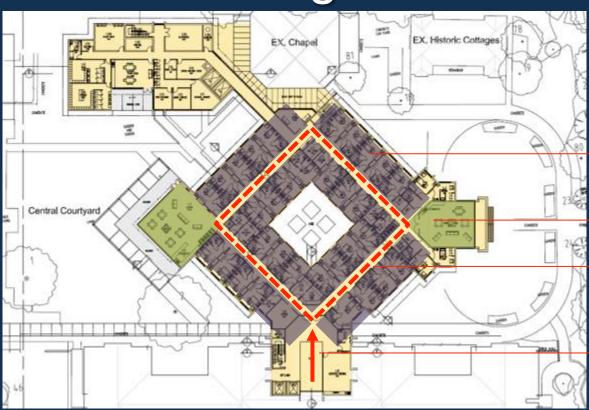
Bedrooms

Household lounge and dining

Double loaded corridors
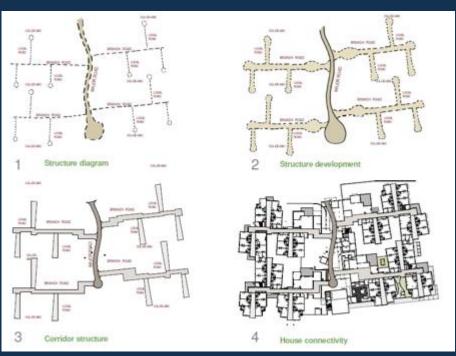
Entry into household

Residential Aged Care

Residential Aged Care

Residential Aged Care

Residential Aged Care

Way finding, the house and the street - Collaroy, NSW

Residential Aged Care

Way finding, the house and the street - Collaroy, NSW

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Way finding, the house and the street - Collaroy, NSW

Residential Aged Care

Green/small house

- Bill Thomas questioned the traditional long term care paradigm where doctors and nurses were 'stars of the show'.

- Eden and Greenhouse turn this on its head where the elderly become 'stars of the show' with the care and medical staff backstage.

"More like a garden, less like a hospital"

Bill Thomas

Leonard Florence Centre, Massachusetts

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Lounge, Dining & Servery

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Leonard Florence Centre, Massachusetts

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Residential Aged Care
Green/small house

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Residential Aged Care
Green/small house

Leonard Florence Centre, Massachusetts

Residential Aged Care
Open house

Residential Aged Care
Open house

Salem Centre, Coppenhagen

Residential Aged Care

Open house

Salem Centre, Coppenhagen

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Residential Aged Care
Open house

Salem Centre, Coppenhagen

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Industry Trends

CCRC – Continuous Care Retirement Community

Day centre

Aged care

Multi-purpose

Independent living

Community centre

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CCRC – Continuous Care Retirement Community

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Lifestyle Stand Alone

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Urban Planned – Neighbourhood model

De Hogeweyk, Weesp,
Netherlands

- A neighbourhood concept conceived specifically for residents suffering from dementia.

- Residents live in small households which are of normal human scale.

- The resident is supported by professionals to cope in daily life.

Urban Planned – Neighbourhood model

De Hogeweyk, Weesp, Netherlands

- High street with shops, bar and restaurant.

- Residents live in 23 houses with 17 designs. Houses places around landscaped courtyards.
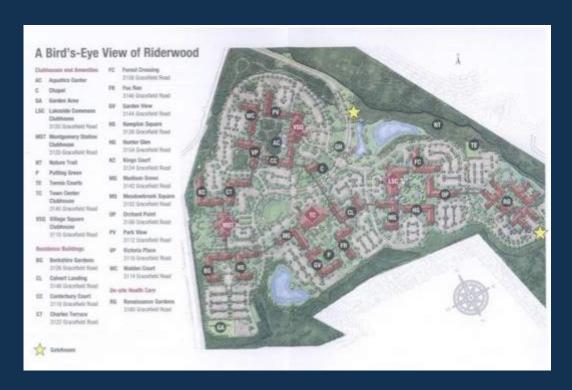
- All amenities operated by trained staff.

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Urban Planned – Neighbourhood model

De Hogeweyk, Weesp, Netherlands

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Urban Planned – Neighbourhood model

De Hogeweyk, Weesp, Netherlands

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Urban Planned – Neighbourhood model

Riderwood USA

- World class medical centre.

- Erickson Model with a focus on wellness and prevention.

- 6 doctors in medical centre, 400 patients per doctor.

- 2 appointments per hour (30 minutes per visit).

- Health care is subsidised by the company.

- Electronic medical records.

A Bird's-Eye View of Riderwood

Urban Planned – Neighbourhood model

Riderwood USA

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UBRC University Based Retirement Community

"We've built a lot of really beautiful retirement communities in this country, but unfortunately they are in many ways completely separated from the rest of society,"

Andrew J Carle MHSA
Executive-in-residence and Founding Director
Program in Senior Housing Administration
George Mason university

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UBRC University Based Retirement Community

Criteria for successful UBRC

- Programming

- Proximity

- Housing

- Alumni

- Financial planning

Andrew J Carle MHSA
Executive-in-residence and
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	Programming	Proximity	Housing	Alumni	Financial Planning
The Forest at Duke	Specialised adult courses.	2 miles	Full continuum of care.	30%	Village pays license fee to university.
Kendal at Hanover	38 full length, 18 mini courses.	1.7 miles	CCRC with memory support.	25%	Dartmouth hosts on-site clinic where medical students conduct part of education.
Holy Cross Village	Participate in quarterly lecture series.	1,000 feet	3 options of independent living.	30%	Village and college owned by Brothers of Holy Cross, a non-profit organisation.
Vi at Palo Alto	Residents organise weekly lecture series.	Less than 1 mile	CCRC with memory support and skilled nursing.	25%	Village pays professors for lecture series.
Kendal at Oberlin	Residents take not-for-credit courses free of charge.	3 blocks	CCRC with access to short term rehabilitation.	37%	No financial ties between college and retirement village.
Lassell Village	Mandatory 450 hour learning and fitness activity each year.	Across the street	CCRC including end-of-life care.	Very few	Retirement community leases land from college.

Urban Planned – University Based Retirement Community

- Combines a continuing care retirement community with lifelong learning.

- Scale of a small New England neighbourhood, one a 13 acre site on the campus of Lasell College.

- Residents complete a minimum of 450 hours of learning and fitness activities a year.

- An academic dean oversees the living and learning activities of residents.

- Connected learning approach to education.

Lasell Village

Urban Planned – University Based Retirement Community

- 182 one and two bedroom apartment homes.

- 24 hour apartment emergency response systems and community security.

- Onsite skilled nursing and rehabilitation facility.

- Extensive variety or community facilities.

Lasell Village

Urban Planned – University Based Retirement Community

Urban Planned – Integrated Community

Bethany Centre
San Francisco, California, USA

- Non-profit, non-sectarian residence for lower income people with priority to seniors.

- Participation in the arts.

- Entrance mosaic by Ruth Asawa.

Urban Planned – University Based Retirement Community

Tapiola Folkhalsan Care
Tapiola, Finland

- Constructed adjoining primary school with 250 students aged between 7 and 12 years.

- 3 separate businesses working in collaboration.

- Accommodation for the elderly with 106 units and a 60 person day centre.

- Music School with 8 classrooms and an auditorium for 900 students aged between 4 and 22 years.

Technology

Smarthomes based on the
use of IoT
(Internet of Things)

*"In our houses, cars, and factories, we're
surrounded by tiny, intelligent devices that
capture data about how we live and what we do.
Now they are beginning to talk to one another.
Soon we'll be able to choreograph them to
respond to our needs, solve our problems, even
save our lives."*

Bill Wasik, Wired Magazine, May 2014

Technology

Smarthomes based on the
use of IoT
(Internet of Things)

Communication, Outreach Transformation.
We deliver healthcare solutions by investing in change.
A team of experienced leaders with multi-disciplinary expertise.
We bring health to anyone, anywhere, at anytime.

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Trends & innovations in Asia

Technology

IoT - Internet of Things

- Services on demand
- Health and fitness
- Home security
- Transport
- Household appliances

"The Internet of Things universe is expanding quickly, and there are now over 25 billion connected devices in use worldwide, with that number set to rise significantly as consumer goods companies, auto manufacturers, healthcare providers, and other businesses continue to invest in connected devices..."

Federal Trade Commission, USA 2015

"The IoT age is already upon us, accounting for $2.1bil of revenue for Intel. "

Blad Savov, for The Verge, 16 January

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1960s Kitchen - Function

2000s Kitchen - Lifestyle

2015 Kitchen - Technology

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1960s Living Room – Function, centred around TV

2000s Living Room – Lifestyle, integrated entertainment system

2010 Living Room - Technology

1960s Bathroom - Function

2000s Bathroom - Lifestyle

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2010s Bathroom - Technology

Our Work Examples in Asia:

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Shuangqiao Seniors Living, Beijing

Gongqing Seniors Living, Jiangxi

Hengqin Wellness Resort, Maccau

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Jin Jiang Hospital, Fuchien Province

Tin Shui Wai Adventist Hospital, Hong Kong

Yau Ma Tei Specialist Clinic, Hong Kong

Tsuen Wan Adventist Hospital, Hong Kong

It's all about interconnectivity!

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