Livability in Senior Housing

- Regional Housing Summit
- June 14, 2016
Living Longer, Living Healthier

- Average life expectancy
  - 1900 – 49 years old
  - 2013 – 79 years old
  - 2030 – 86 years old
York County Demographics

- Ages 50-64 = 94,866
- Ages 65+ = 70,142
- 35% of York Co. residents are over the age of 50

Source: 2010 United States Census and American Community Survey
“Want” vs. “Need”

- Want = Lifestyle
- Need = Age Friendly Design
“Want” vs. “Need”

- Boomers are active

- Want connectivity
  - Community
  - College/Continuing Education
  - Work
  - Family
  - Technology
Emerging Trends

- Active Adult Communities (55+) – purchased residence that offer maintenance free living with multiple amenities
- NORC’s – Naturally Occurring Retirement Communities – neighborhoods create a network of shared support services
- Urban Apartments – market rate apartments that are age-targeted or age-restricted offering amenities and “concierge” services
Emerging Trends

- Pocket Neighborhoods – clusters of homes that are organized around a common outdoor space that creates neighborhood cohesiveness and sense of belonging
- Hybrid Homes – cottage amenities in an apartment setting usually with multiple exposures to natural light and covered parking
- Affinity Retirement Communities – 55+ community where people share a common interest
Emerging Trends

- **Cohousing** – intentional community of privately owned homes clustered around shared common space. Neighbors collaboratively plan and manage the community activities and shared spaces.

- **Villages** – mix of paid and staff and volunteers provide services (meals, transportation, shopping, etc) to people in their homes – pay an annual dues.

- **Multi-generational housing** – family households consisting of multiple generations – return of the “in-law suite” but redefined.
Redefining Retirement

- **Changing Dynamics**
  - Aging in Place
  - Universal Design
    - No steps
    - Low transitions/zero-grade entry
    - Wide doors
    - Variable controlled lights
    - Low lights
    - Wider hallways
    - Raised outlets
Redefining Retirement

➢ Universal Design (continued)
  • Illuminated rocker switches vs. toggle switches
  • Lever-style hardware/handles
  • Levers on faucets
  • Lowered cabinets
  • Raised washer/dryer
  • Slip resistant floors
  • Low pile carpets
  • Handrails on both sides of stairway
Redefining Retirement

- Universal Design (continued)
  - Bathrooms
    - Blocking for grab bars
    - Stylish grab bars
    - Walk-in tubs or showers
    - Toilet height
    - Hand held shower head
Making homes safer for aging baby boomers

Investing in your retirement home can really pay off, saving you from injuries and assisted-living centers. Here’s what you can do in the most important areas of the house:

**Kitchen**
- Rolling cart with pull-out drawers for commonly used items
- Pegboard and hooks to hang pots and pans
- "D" handles on cabinet doors
- Dishwashers with drawers $389
- Move microwave to countertop

**Stairs**
- Railings 34 inches from floor
- Color-contrasting carpets, securely attached
- Stair treads — the steps on which you stand — should be 11 to 12 inches deep
- Stair risers, usually between 3.5 to 7 inches high, should be sized according to user

**Bathroom**
- Raised toilet seats with grab bars $22 and up
- Hand-held showerhead $40 and up
- Non-slip surface
- Bath stool or chair $36 and up
- Grab bars $22 to $250
- Doorway widened to 36 inches
- Color changes between floor and fixtures
- Anti-scar device $100 to $1,000
- Non-slip mat $39
- Turn down water heater temperature to 120 degrees to reduce burn risk

**Exterior**
- Lever doorknobs for easier grasp $15 and up
- Few or no steps are best, in case a wheelchair ramp needs to be added

*Source: USA Today 3/24/06*
Design Concepts

- Open Floor Plan
  - More social interaction
  - Focus on kitchen/living area
  - Designer level finishes and appliance
  - Walk-in showers

- Higher ceiling heights/more natural light
Design Concepts

- Access to patio/terrace spaces
  - Indoor/Outdoor Living
    - Private patios
    - Outdoor courtyards and community gathering spaces
    - Universal design concept – routing of walkways – stairs & ramps included in the design cohesively, not afterthought. Helps prevent a second class feeling to those individuals who need access. Purposeful through/design on those who need ADA access
    - Tinting concrete so it’s not so bright and tones down the surface so it’s not as bright/blinding in the sunlight
    - Achieving aesthetically pleasing looks without the use of pavers and bricks. Scoring concrete with design
Design Concepts

- Access to walking/activities/wellness
  - Includes both physical and social benefits, walking is the number one activity for seniors. Ensuring a pleasant environment will help promote seniors to get out.
  - Ensuring that the paths are designed to accommodate side-by-side walking, bigger/wider designs 5’-6’ wide (average path is approximately 4’)
  - Benches and other places to sit are thoughtfully included to allow for periods of rest.
  - Flush sidewalks
Barrier Free Design

- Aging in Place
- Adaptable for physically disabled
  - Zero-grade entry
  - Using reasonable slopes (5% or less) on walkways
  - Limiting the use of curbing
  - Ramps: including into the design to create an accessible transition. Sites can be graded to help alleviate the need for ‘alternate’ route options.
  - Bathrooms
Urban Environment/Neighborhoods

- Access to cities/towns
  - Amenities/Lifestyles – restaurants, shops, etc.
    - Back to the city center trend – naturally offers the feeling of independence with the inclusion of the natural city environment.
    - Access to public transportation, city walkways networks, urban amenities.
    - Promotes social integration, longevity and health/independence
  - More integrated/less segregated
  - Familiarity and comfort
Take Aways

- Active Adults
- Want Variety and Lifestyle
- Universal Design promotes Aging in Place
- Age Friendly Communities
- Technology
Discussion/Q & A