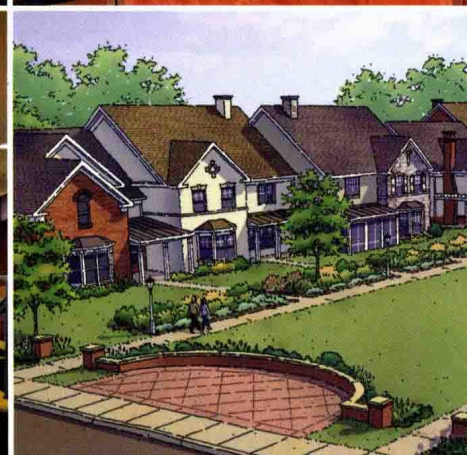
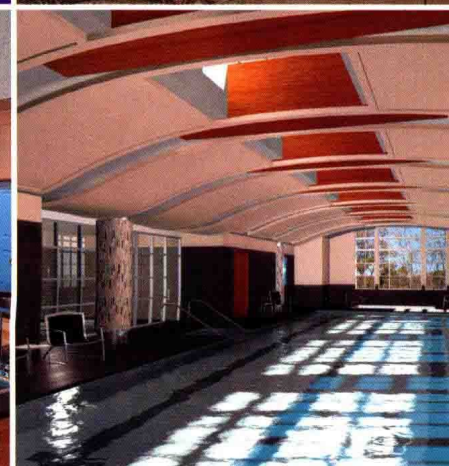


# Design for Aging Review

AIA Design for Aging Knowledge Community

 THE AMERICAN INSTITUTE OF ARCHITECTS



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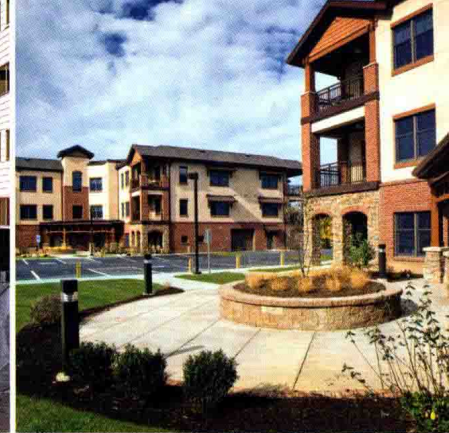
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AIA Design for Aging Knowledge Community

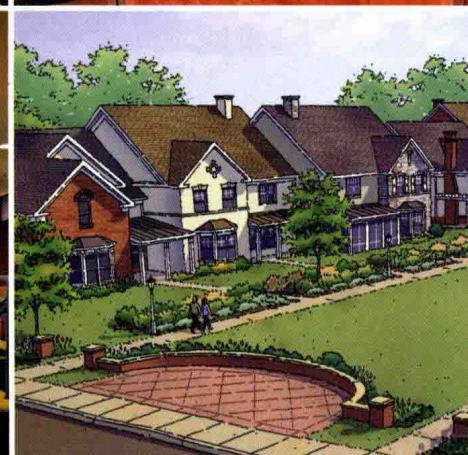
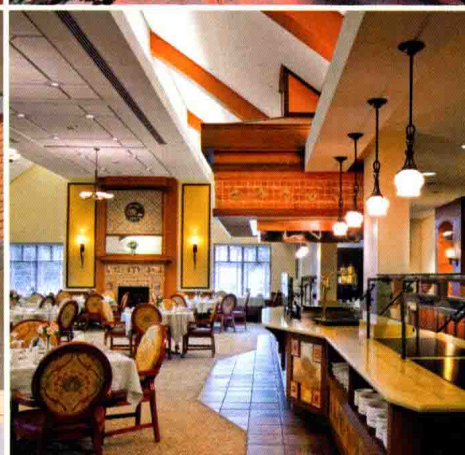
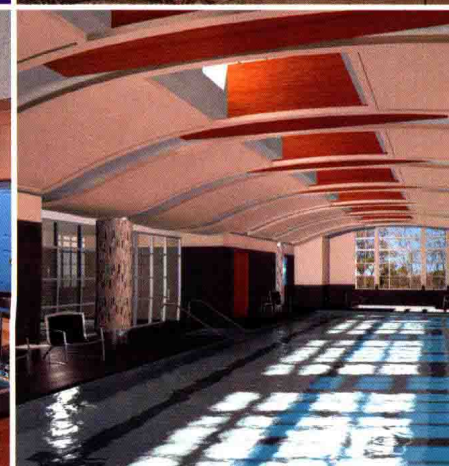
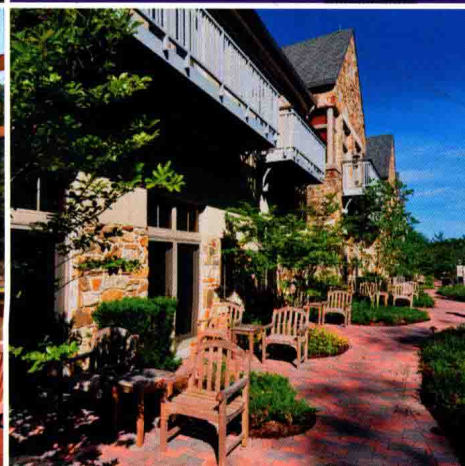




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# AIA Foreword

According to legend, upon hearing Plato's definition of "man" as a "featherless biped," the cynic Diogenes burst into the room holding a plucked chicken. "Behold," he said, "your man!"

Defining what is unique to us as a species has never been easy. However, there is at least one trait that separates us from most of our fellow warm-blooded creatures – the way in which we age.

Americans who celebrate their 40th birthday this year can expect to live another 37.6 years on average. That's more than most animals, but the difference doesn't stop there. Long after most of us have stopped reproducing, we enjoy decades during which we can continue to learn and make positive contributions to our families and communities; this is evolution's way of giving our species the time to pass vital information on to future generations.

It's true that we can't move with as much agility, our inventory of wrinkles grows far more quickly than our bank balance, and body fat accumulates in unwanted places. However, barring serious illness, our cognitive skills show no dramatic deterioration right through middle age and often

beyond. This certainly has implications for how society prepares for the increasing number of men and women who live past 70, 80, and even 90 years of age. This is an important issue, and a relatively new one.

A hundred years ago, those who lived past middle age typically lived in the homes in which they were born, or with their children as part of an extended family. Surrounded by and interacting with different generations, their brains and bodies were constantly stimulated. Unless gravely ill, they helped mind the grandchildren, provided counsel to their own children, and carried out a host of chores. Even when they became ill, they were tended by relatives who fully expected to receive the same care when they were themselves weak or incapacitated.

In most industrialized countries the pattern has changed, and it has changed precisely at a time when the elderly are among the most rapidly growing segment of the population.

Global in its implications, the challenge of how best to provide for the aging demands a global response. This means developing a national, if not

an international policy that invites, among others, the participation not only of design professionals, but also business, industry, scientists, health-care providers, and elected leaders. As this latest edition of the *Design for Aging Review* shows, architects and other design professionals are engaging with this challenge in creative, caring ways that have earned their professions the right and the responsibility to take a leadership role in the conversation about aging.

However, such a conversation must not be framed as a matter, to put it crudely, of where and how to store the elderly. Nor can we take a single-minded approach that focuses primarily on affordability, sustainability, or aesthetics, although these are all important. Rather, we must be guided by a commitment to ensure the elderly will be housed and cared for in such a way that they can continue to be a contributing part of society, if not for their sake, then surely for ours. Because in the end, what we do for the elderly we do for ourselves, as we inevitably take their place in the cycle of life. For us, as well as for them, we must ensure that unlike Diogenes' man, they – and we – do not go uncared for or marginalized into that good night.

Jeffery Potter, FAIA  
2012 AIA President

# LeadingAge Foreword

In the early 1960s, John Cumming and Elaine Cumming wrote a classic book that helped revolutionize the treatment of mentally ill patients in state hospitals. The book is called *Ego & Milieu: Theory and Practice of Environmental Therapy*.

Cumming and Cumming discuss the “therapeutic power of the total environment.” They argue that “environment itself should be the primary treatment as well as supporting or complementing other treatment.” The importance of “normal” and “life-like environments” and the “creation of neighborhoods” are paramount.

This argument can equally be applied to senior care. Environments dictate what we believe about seniors, the people who care for them, and those who visit them. So, how do we challenge ourselves to create therapeutic environments? The goal is to create environments that have purpose in mind with respect to the quality of life of those who live and work in them.

I perused last year’s edition of *Design for Aging Review* through the Cumming and Cumming lens.

It is chock-full of illustrations of their principles. New Bridge on the Charles wants to signal “abundant choice in living.” Atlanta’s Lenbrook has the intent of a “holistic sense of wellness.” Porter Hills in Michigan wanted to reinforce “teamwork” among staff, so vital to quality care.

Last year I visited the Masonic Home of Kentucky. They brought the beauty of nature into the nursing home through creative photography. In fact, I toured their nursing home and could not tell I had been in a nursing home.

*The Design for Aging Review* continues to push all of us to challenge our beliefs about aging and reminds us of our responsibility to create health-fostering therapeutic environments that assure the aging experience is a fulfilling one.

The environment is a major determinant in whether or not we are successful in assuring quality of life for seniors. The DFAR process and award recipients serve as an inspiration for the next generation of senior living.

William L. (Larry) Minnix, Jr.  
President and Chief Executive Officer  
LeadingAge

# Jury Statement

August 2011 marked the unveiling of the Martin Luther King Jr. National Memorial in Washington, DC. *The Design for Aging Review 11* (DFAR 11) jury joined many sightseers one spectacular evening to witness the new attraction and were reminded of Dr. King's unwavering commitment to compassionate change. As we gathered together to evaluate many diverse architectural submissions, we quickly realized that the panel of six providers and architects also shared a commitment to ongoing change. We were seeking architectural solutions that challenged our preconceptions of environments that promote quality of life and care for older adults.

This comprehensive review of architectural design trends for the aging serves as a snapshot of today's innovative solutions, and we hope that it will become a reference for providers, developers, users, advocates, architects, and interior, landscape, and other design professionals.

If it were possible to capture the theme of this year's deliberations, it would be "engagement." Award-winning projects addressed this concept in different ways. These were not artificial connections, but rather authentic relationships sending a clear message that neighborhood is important, whether the neighbors reside on-campus or within the greater community that the building or campus serves. This commitment was represented by projects that included, or were sited adjacent to, coffee shops, art galleries, retail, recreation centers, neighborhood parks, and convenient connections to public transportation.

Nowhere was this idea of engagement more evident than in the student competition, which appeared for the first time in DFAR 11. Student submissions from around the world emphasized the physical and social relationships between the buildings they designed and the cities that were enhanced by these designs. The jury commented that some of these submissions were among the most innovative of the entire process. Perhaps this perceived outcome is a result of student projects not being subjected to the functional and financial rigors of real-world initiatives. Or, could the students' visions stress a purpose and craft not diluted by past project stereotypes? Either way, we all hope that the next *Design for Aging Review* cycle will continue to connect the future of our trade to this most important building type.

Occupied projects and conceptual designs were not treated as equal. It is important to remember that those designs already constructed were envisioned two, three, four, or more years ago. Therefore, the jury held "paper architecture" to a much higher standard, with the understanding that these proposed solutions have benefitted from our own processes of lifelong learning and the progression of thought that informs senior living and care environments. LeadingAge currently highlights this priority on their website, with the phrase "Expanding the World of Possibilities for Aging." We think that this says it all!

As a review of design trends, we searched for projects that incorporated fresh ideas and those that challenged our own notions of purposeful living and care environments. Several well-

executed, stand-alone CCRC campus submissions were appreciated by the panel of jurors for their skillful execution, but were not represented among the award winners because they echoed tested strategies of the past. DFAR 11 beckons submissions that exhibit conscientious solutions and research that advances environments for aging.

It is important to identify consistencies that the jury noticed during the evaluation process. We found it difficult to say whether these observations represent current fads, future trends, or if they are merely a product of the process of submitting a project for consideration and the related information that is requested. Noteworthy observations include:

- **Increased value on community engagement.** This was evidenced by the walkable and intergenerational locations, by the communal assets transparently located on the first floor of many buildings, adjacency to public transportation, and by the deliberate inventory of greater community destinations noted within walking distance of building sites.
- **Households and private rooms.** The household concept has been popular for several years. Only those considered exceptional and incorporating unique care strategies caught the attention of the panel. Very few healthcare submissions included semi-private rooms.
- **Affordable housing.** These submissions were architecturally among the most exciting projects reviewed. The perceived priority of

affordable housing could be the result of the challenging economy that this country is currently enduring, or might reflect changing public priorities towards this building type that is in such high demand.

- **Inviting outdoor spaces.** The jury was most impressed with projects that included outdoor spaces that received equal design attention to their interior counterparts. These projects seemed to beckon residents, visitors, and the community to enjoy the entire site. Outdoor enrichment might be viewed from a favorite window or through active engagement in appropriately purposed outdoor spaces and pathways.
- **Repositioning.** Several submissions centered on repositioning older buildings and campuses originally constructed in the 60s, 70s, and 80s. As these organizations transform themselves into community centers for successful aging, many of the spaces and forms that functioned in the past have become obsolete in today's market. One such project was consistently recognized by the jury as a place that they would want to live. Well done!
- **Hospice.** Many alluring submissions were dedicated to hospice care. These projects were often rural and provided residents and families with options for private gathering and personalized choices of social engagement. Outdoor spaces enhanced these submissions offering intimate, contemplative garden spaces and scenic walking paths.

- **Dining choices.** Providers are trading their large dining rooms for varied spaces offering choices of dining style, menu, and atmosphere. Residents of all care levels are provided tasteful dining spaces reflecting quality consistent with independent living venues. One recognized project lured residents to an inviting outdoor venue of choice that included an event chef and preparation station.
- **Wellness.** Few campus submissions or independent living projects were reviewed that did not include a central wellness initiative. Whether it is mind, body, or spirit, a wellness focus dominated repositioning and other whole campus efforts designed to attract residents searching for places of meaning and personal growth.
- **Going green.** Sustainable efforts continued to increase, although not at the pace anticipated. As green technologies offer more aggressive financial pay-backs, we expect the related environmental strategies to be more common.

The jurors often asked themselves and each other "would I choose to live there?" This might be the ultimate barometer in a market where consumers have choice. I am happy to report that the answer to this question was often, YES! We have all witnessed the evolution in environments for aging, and most of us would not have responded positively to this question a generation ago.

An organization represented by one of our jurors uses the term "repriorment," which is defined as "discovering the joy of new directions and rethinking your shelved but not forgotten priorities, passions, and dreams." What a wonderful word. This is the principle that binds us together in the quest to create environments that elevate the care, position, and choices afforded to elders in our society and community. As we return to our daily responsibilities with renewed passion, we hope that the exceptional body of work contained within this volume elevates the expectations of providers and architects alike. It is this commitment for compassionate change that energizes all of us who collaborate to shape future senior living and care environments.

On behalf of the DFAR 11 Jury,  
Dodd M. Kattman, AIA, LEED AP  
Jury Chair

# The Jury

## **Dodd Kattman, AIA**

Dodd Kattman, AIA, is a founding partner of Morrison Kattman Menze, Inc., an architecture, planning, and interior design firm offering over 20 years of senior living and care project experience. Through his role as Senior Living Managing Partner, he dedicates time to design, research, publish and present topics that elevate the expectations of supportive environments that promote the process of aging with dignity.

## **Linda L. Lateana**

Linda L. Lateana is Executive Director of Goodwin House Bailey's Crossroads, a continuing care retirement community in Falls Church, Virginia. She is a licensed Nursing Home Administrator and Preceptor with over 30 years of experience working with seniors in long-term care and community-based settings. She is a former member of the AAHSA House of Delegates and former Vice-Chair of the Board of Directors of the Virginia Association of Non-Profit Homes for the Aging. She has been a CCAC evaluator and has served on community boards. She recently guided her community through a \$240 million expansion and renovation, completed in 2010.

## **Vicki Nelson, AIA**

Vicki Nelson, AIA, is a Senior Partner with Diekema Hamann Architecture and Engineering based in Kalamazoo, Michigan. She is a member of the AIA's Design for Aging Knowledge Community and has been certified by the American College of Healthcare Architects. The better part of her 30-year career has been focused on the design of healing environments with an emphasis on environments for end of life care.

## **Betsie Sassen**

Betsie Sassen currently serves as Assistant Vice-President, Community Initiatives for Mather LifeWays in Evanston, Illinois. In her role, she oversees the operations of three 'Mather's – More Than a Café' locations in Chicago. She also consults with other organizations, nationally and internationally, who are interested in replicating the Café Plus model. She is a published author with articles in *Nursing Homes/Long Term Care Management*, *Generations*, and *Seniors Housing and Care Journal*. She has been interviewed and quoted in various publications including *The New York Times*, *The Washington Post*, and *AARP Bulletin*. She is regarded as a thought leader in the field of aging, and has provided aging expertise through consulting, national task forces, and on radio shows.

## **Jack Carman, FASLA**

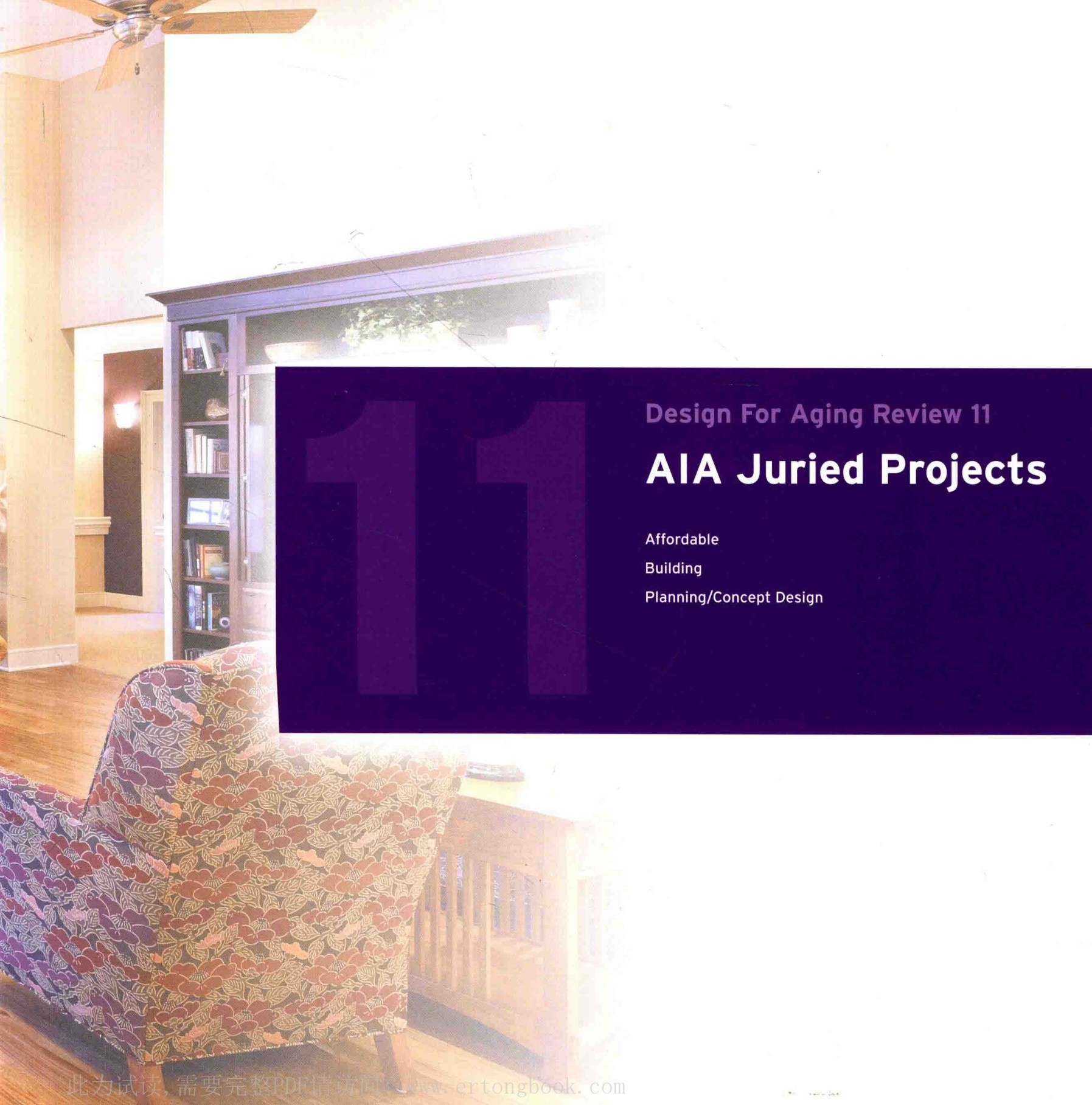
Jack Carman, FASLA, president of Design for Generations LLC, is a Landscape Architect with over 20 years of experience in the analysis, planning, design, and management of outdoor spaces. As a design consultant, Jack has specialized in creating therapeutic exterior environments for senior communities and healthcare facilities. Jack is co-editor and contributing writer to the recently published book *Re-creating Neighborhoods for Successful Aging*. He is an adjunct faculty member at Temple University teaching "Healing Garden Design" and "Introduction to Horticultural Therapy." He is also an instructor at the Chicago Botanic Garden School of Healthcare, Garden Design Certificate Program.

## **Chris Keysor**

Chris Keysor is responsible for the fiscal operations of Lenbrook Square in Atlanta, Georgia. In this capacity he is responsible for the accounting, financial management, and reimbursement for Lenbrook, as well as reporting this information to the various internal and external stakeholders. Prior to joining Lenbrook, Chris had been involved in over \$2 billion of healthcare and senior living projects since 1989 in various financial capacities including as a CPA, Financial Planner, Financial Development Consultant and Investment Banker.







# 11

Design For Aging Review 11

## AIA Juried Projects

Affordable

Building

Planning/Concept Design