Modern Trends in Senior Living and Long Term Care Design: Creating a Therapeutic Environment

Presentation by Brown & Bills Architects

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Conventional Perceptions of Long-Term Care Facilities

- For many, conventional Long-Term Care facilities are perceived as places of:
  - Loneliness
  - Limitation
  - Illness

- Old design models are being challenged, and a range of new models are being planned and built.
Current Baby Boomer Demographics and New Government Regulations

• Living longer on average.
• Larger populations of this generation are living at senior living facilities.
• New government rules and policies are requiring upgraded facilities.
• A growing part of the market wants to choose an option that gives them security for the remainder of their lives. (i.e. long term care, assisted living, independent living and continuing care retirement communities.)
Campus and Facility Master Planning

SITE MASTER PLAN
CONCEPT PROGRESS

WILMINGTON AVENUE

PROJECT INSTALLATION
PROJECT DETAILING
REVIEW MASTER PLAN CONCEPT
INDIVIDUAL PROJECTS

MASTER PLAN

Defined vision for entire site creates unity and cohesion

SITE DESIGN
CONCEPT FORMATION
SITE ANALYSIS
COMMISSION MASTER PLAN
Campus and Facility Master Planning: *Keeping up with the Jones’*

• In today’s long-term care market, knowing your competition is critical.
• To remain competitive, it’s important to continually update your strategic plan including: mission, vision, and values, about every three years.
• Update master plans and strategic plans about every seven years.
• Carry out market research data studies.
Holistic Master Planning for the Future

As Baby Boomers age, they will require programming and facilities to exceed in meeting the needs of all aspects of wellness including:

• Emotional
• Intellectual
• Physical
• Environmental
• Social
• Occupational
• Spiritual
Campus and Facility Master Planning

• Continually updating your facilities scope of care and mission, will allow you to reposition care options to reflect market needs.
  – This involves extensively researching possibilities for better evidence-based design results within your facility.

• Ex., adjusting skilled nursing facility population and/or enhancing levels of care beyond assisted living and independent living to adult day care, respite care and wellness.
Evidence Based Design

• The process of basing decisions about the built environment on credible research to achieve best possible outcomes.
• Well researched decisions will improve quality of life for residents and maximize an owner's investment in the community.
• Establish the vision and goals of project prior to design and construction.
Evidence Based Design & LEED Certification

LEEd Certified Buildings are designed to:

• Lower Operation Costs and Increase asset value
• Reduce waste
• Conserve energy and water
• Be healthier and safer for occupants
• Reduce harmful greenhouse gas emissions
• Qualify for tax rebates, zoning allowances and other regional or city based incentives
Long Term Care Design: Healing Environments
Optimizing Resident Privacy and Dignity

• Almost all of the existing 1.9 million beds in US skilled-nursing facilities and nursing homes were built in accordance with state enforced low tech hospital room concepts.

• Typically semi-private rooms with two beds, one by the window one by the bathroom and a curtain in between patients.
Optimizing Resident Privacy and Dignity

- Nonprofit and for-profit facilities are responding with new, less institutional facilities where residents have their own rooms and depending on the with bathrooms three-fixture bath or shower, sink an toilet, depending on the resident’s physical ability.
- Sounds Costly? Maybe, but redesigning resident rooms with regard to improving privacy, is an investment helps restore a person’s dignity and in turn, quality of life.
- Distinguishes your facility from conventional models.
Healing Environments: 
Designing Therapeutic Interiors
Healing Environments: Designing Therapeutic Interiors

- In Recent years, it has become increasingly common and important for long-term facilities to implement a focus in creating therapeutic interior designs.

- Research shows healthcare facility designs that emphasize strong colors, styles, art, and nature engage the senses.

- Conducive to a healthier general wellness for both patients and their families.
Natural Interiors
Providing Interest and Positive Distractions

• Landscape designs that encourage exploration mystery, fascination and scenic views have been found to increase the mental stimulation found to be most beneficial for health outcomes.

• Wild and natural landscapes provide a respite from the sterile and clinical atmosphere in most healthcare facilities.

• Strong, unique, interior design that engage the senses.
Bringing Nature Inside

• A study conducted on mental health patients found that art from nature could help save an estimated $30,000 per year on PRN medications.

• Interior designs that incorporate natural elements reduces stress, anxiety, depression.

• Soothing effect on agitated elders

• Minimize dependence of psychotropic intervention
Outdoor Living Spaces

• Research shows that
• Raised Garden Beds
• Picnic Areas
• Walking Trails
• Water Features
• Meditation Spaces
• Porches
Memory Care

• Wayfinding
• Adjustable lighting and shades to control sundowning effect
• Protected, direct access to outside
• Enclosed courtyard areas
• Secure doorways