



Housing LIN

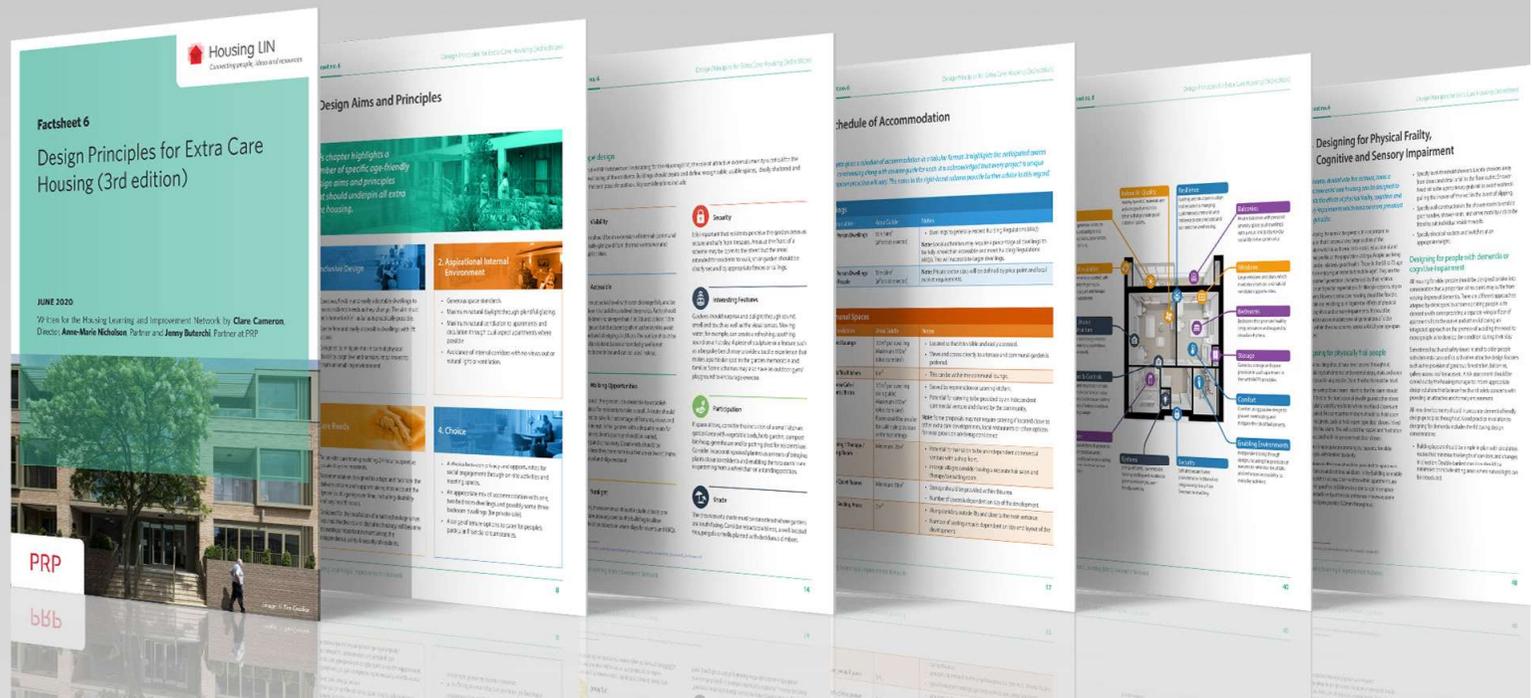
Connecting people, ideas and resources

Housing LIN HAPPI Hour

Design Principles for Extra Care Housing (3rd Edition)

30th June 2020

Clare Cameron, Director



PRP

Chapter 1

Who is this Factsheet for?

Factsheet 6

Design Principles for Extra Care Housing (3rd edition)

JUNE 2020

Written for the Housing Learning and Improvement Network by **Clare Cameron**, Director, **Anne-Marie Nicholson**, Partner and **Jenny Buterchi**, Partner at PRP



PRP

PRP

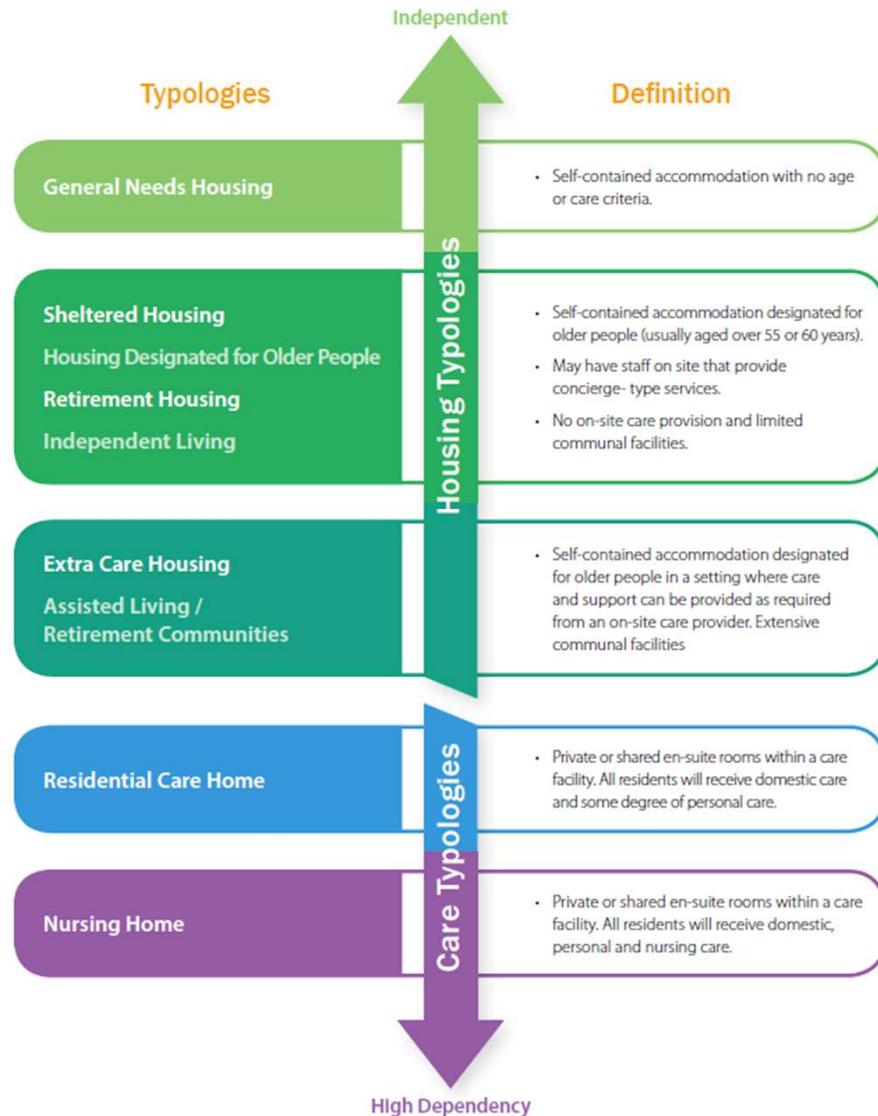
Chapter 2 What is Extra Care Housing?

- Typical extra care housing
- Extra care villages
- Continuing care retirement communities
- Community care hubs

Chapter 3 Planning and Consultation

- Making the case
- Establishing housing need: local and neighbourhood plans
- Use Classes, Section 106 and CIL
- Consultation

Continuum of Care



PRP

Chapter 4 Design Aims and Principles

1. Inclusive Design

- Spacious, flexible and easily adaptable dwellings to meet residents' needs as they change. The aim must be 'a home for life' - as far as is practically possible.
- Barrier-free and easily accessible dwellings with lift access.
- Designed to mitigate the impact of physical disability, cognitive and sensory impairment to create an 'enabling environment'.

2. Aspirational Internal Environment

- Generous space standards.
- Maximum natural daylight through plentiful glazing.
- Maximum natural ventilation to apartments and circulation through dual aspect apartments where possible
- Avoidance of internal corridors with no views out or natural light or ventilation.

3. Care Ready

- An on-site care team providing 24-hour support as required by the residents.
- Accommodation designed to adapt and facilitate the delivery of care and support taking into account the dynamics of ageing over time, including disability and any health needs.
- Designed for the installation of smart technology when required. Hardwired and digital technology will become increasingly important in maintaining the independence, safety & security of residents.

4. Choice

- A choice between privacy and opportunities for social engagement through on-site activities and meeting spaces.
- An appropriate mix of accommodation with one, two bedroom dwellings and possibly some three bedroom dwellings (for private sale).
- A range of tenure options to cater for people's particular financial circumstances.

5. Appearance

- Attractive accommodation, both externally and internally, by virtue of its style, image, quality of materials, landscape, location and range of facilities.
- Contemporary external and interior design to appear as non-institutional as possible.
- A contextual design approach that integrates the development with its context in terms of scale and materiality.

7. Energy Efficiency

- Energy-efficient with measures to avoid overheating as older people are more susceptible to extremes of temperature and are likely to spend a higher proportion of their time at home.

9. Location & Connectivity

- Located close to health, retail, leisure and entertainment facilities and/or good links to public transport.
- Located within existing residential communities so that family and social connections can be maintained.
- Appropriate levels of car parking, minibus services, car pool arrangements or alternative transport strategy to address the particular site location, resident profile and tenure mix etc.

6. Safety & Security

- A secure internal environment through progressive privacy and other security arrangements particularly where integrated with the wider community through sharing of facilities etc.
- A safe and secure external environment with consideration given to location, accessibility, topography, crime levels, etc.
- With Coronavirus in mind, an environment that can enable social distancing and infection control.

8. External Amenity

- Accessible, beautiful and secure amenity areas for outdoor living whether a private and/or communal garden, a balcony or terrace to stimulate social connectedness.

10. Community Facilities & Social Opportunity

- Designed for active ageing and offer a range of communal facilities, appropriate to the specific development, to promote social engagement, physical activity and the health and wellbeing of the residents.
- Facilities provided as a resource for the local community to promote opportunities for intergenerational activities on site and connection with the wider community.

PRP

Chapter 5 The Brief – A Checklist

This is a useful checklist of the Issues to consider at the early stages of designing extra care housing.

The development of the design and brief is likely to involve an iterative process as the specific site circumstances are considered and the development potential of a site is tested.

Note: Where the developer is distinct from the housing manager and care provider, it is very important for these latter agencies to be appointed early. Ensuring involvement in the scheme development from the outset, avoids consequences when it comes to the operation of the scheme that may only come to light when it is handed over into operational housing and care management.

The following is a useful checklist that can be used in early design discussions prior to signing off an initial brief:

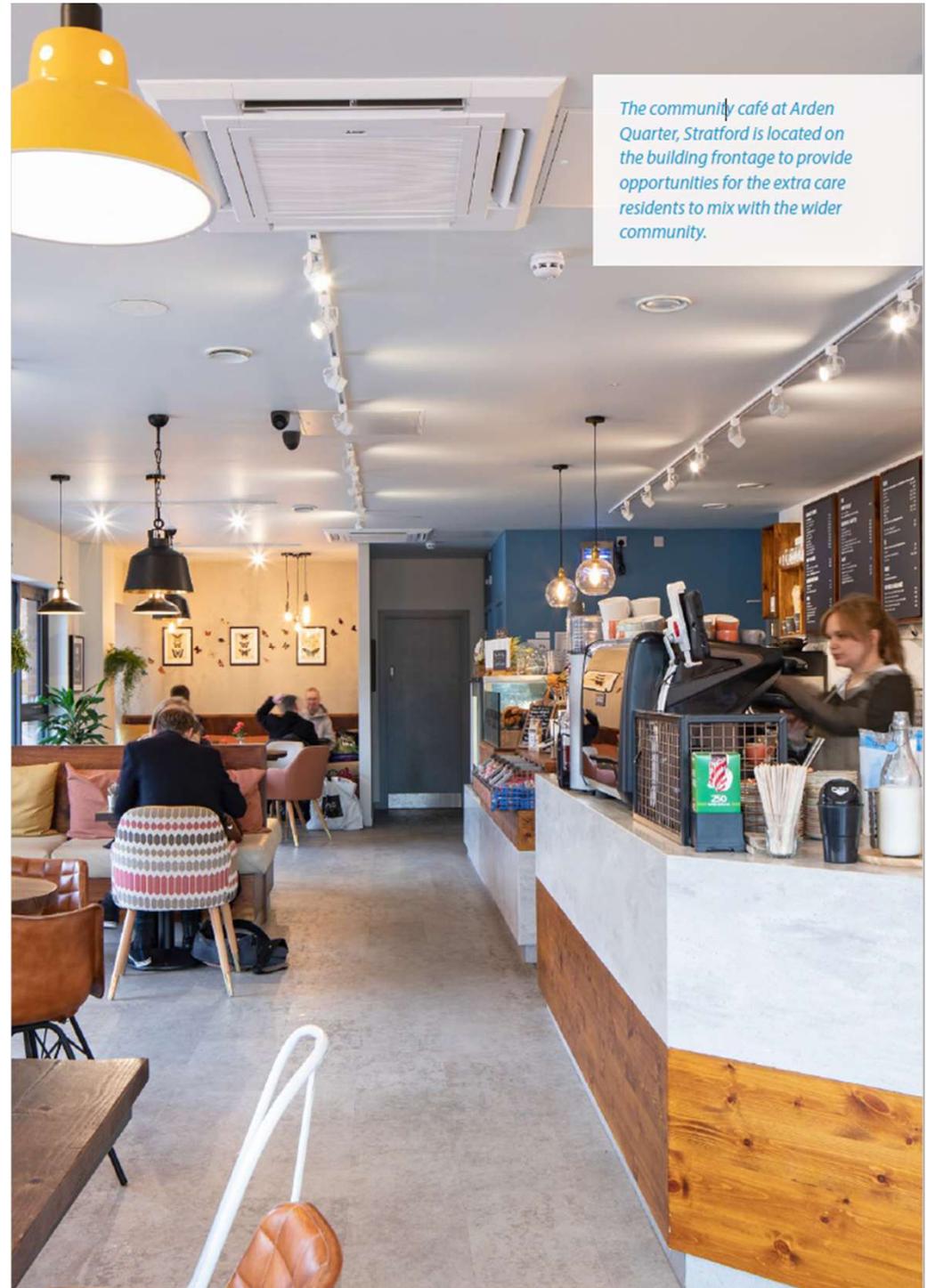
- Target Market:** Age? Dependency levels? Economic profile?
- Tenure:** Affordable rental? Market rental? Shared ownership? Private sale? Mixed tenure?
- Scale of Development:** No. of apartments? No. of floors?
- Site Location:** Integrated or gated? Interface with community? Shared facilities?
- Care Provision:** Who will be the on-site care provider? What office/ sleep over space do they need?
- Housing Management:** Who will be provide this service? What office space do they need?
- Catering Strategy:** Full catering kitchen? Smaller café style service?
- Dwelling Typologies and Mix of Accommodation:** Apartments? Bungalows? Other? Sizes?

- Circulation:** Corridor access? Gallery access? Core & cluster? Independent external access? Hybrid?
- Garden & Amenity Provision:** Balconies? Winter gardens? Shared/communal garden? Roof garden? Outdoor leisure?
- Dementia Care Strategy:** Dedicated wing/ floor? Integrated approach? Other client groups?
- Communal and Ancillary Accommodation:** Range of facilities? Public access?
- Flexibility:** Exit strategy?
- Interior Design:** Budget & concept?
- Transport Strategy & Parking Provision:** Mini bus service? Car sharing? Ambulance bay?
- Mobility Scooter/Buggy Strategy:** Access to whole building or stored centrally?
- Security Strategy:** Progressive privacy/Security? Access control?
- Energy Strategy:** Central plant? Location of meters?
- Ventilation Strategy:** Solar shading? Night time vents? MVHR?
- Assistive Technology:** Smart technology/ Digital? telecare? Which warden call system? Other aids or equipment?
- Construction System:** Traditional? Framed? MMC?
- Fire Precautions & Means of Escape:** Sprinklers? Evacuation strategy?
- Refuse and Recycling Strategy:** Storage?
- Style & Character:** Traditional? Contextual? Contemporary?

PRP

Chapter 6 Site Considerations

- Site location and selection
- Community integration and intergenerational activity
- Site layout
- Scale of development
- Parking provision
- Landscape design

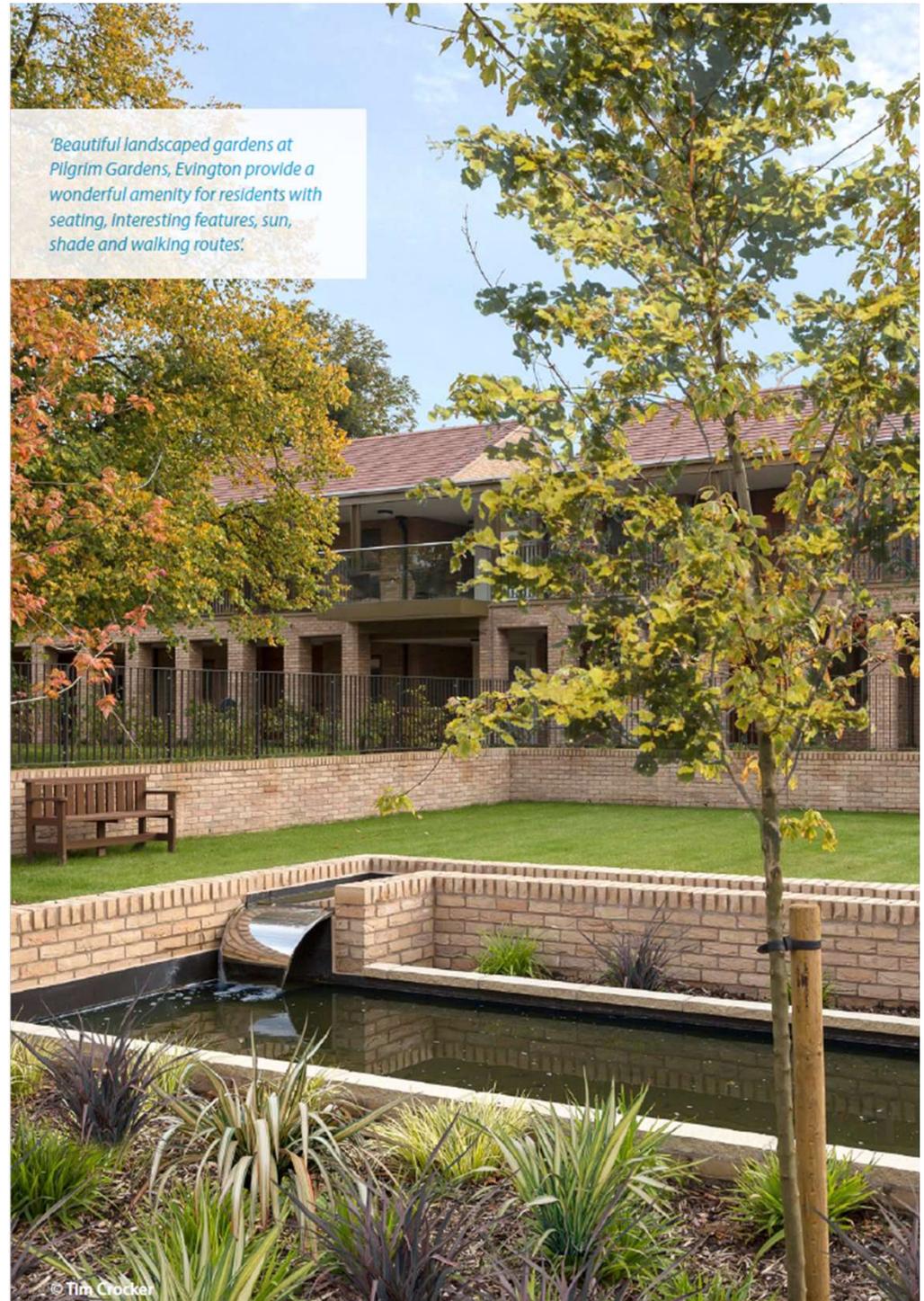


The community café at Arden Quarter, Stratford is located on the building frontage to provide opportunities for the extra care residents to mix with the wider community.

PRP

Landscape Design

-  Visibility
-  Accessible
-  Walking Opportunities
-  Sunlight
-  Sensory Planting
-  Wildlife
-  Infection Control
-  Security
-  Interesting Features
-  Participation
-  Shade
-  Roof Gardens
-  Lighting
-  Maintenance
-  Pets



Chapter 7 Schedule of Accommodation

Dwellings		
Accommodation	Area Guide	Notes
1-Bed, 2 Person Dwellings	Min 54m ² (affordable sector)	<ul style="list-style-type: none"> Dwellings to generally exceed Building Regulations M4(2) <p>Note: Local authorities may require a percentage of dwellings to be fully wheelchair accessible and meet Building Regulations M4(3). This will necessitate larger dwellings.</p>
2-Bed, 3 Person Dwellings for Older People	Min 68m ² (affordable sector)	<p>Note: Private sector sizes will be defined by price point and local market requirements.</p>

Communal Spaces		
Accommodation	Area Guide	Notes
Communal Lounge	1.5m ² per dwelling Maximum 110m ² (plus store 6m ²)	<ul style="list-style-type: none"> Located so that it is visible and easily accessed. Views and access directly to a terrace and communal garden is preferred.
Residents' Tea Kitchen	8m ²	<ul style="list-style-type: none"> This can be within the communal lounge.
Dining Area Cafe / Restaurant / Bistro	1.5m ² per dwelling (as a guide) Maximum 110m ² (plus store 6m ²) Room could be smaller for café style provision or for two sittings	<ul style="list-style-type: none"> Served by regeneration or catering kitchen. Potential for catering to be provided by an independent commercial venture and shared by the community. <p>Note: Some proposals may not require catering if located close to other extra care developments, local restaurants or other options for meal provision are being considered.</p>
Hairdressing / Therapy / Consulting Room	Minimum 20m ²	<ul style="list-style-type: none"> Potential for hair salon to be an independent commercial venture with a shop front. In large villages consider having a separate hair salon and therapy/consulting room.
Activity / Quiet Rooms	Minimum 18m ²	<ul style="list-style-type: none"> Storage should be provided within this area. Number of spaces is dependent on size of the development.
Informal Seating Areas	3m ²	<ul style="list-style-type: none"> Along corridors, outside lifts and close to the main entrance. Number of seating areas is dependent on size and layout of the development.
Communal Accessible WCs	4m ² (2 minimum)	<ul style="list-style-type: none"> Close to the entrance and lounge Additional WCs are required if dining area open to the public.
Residents' Laundry Room	25m ²	<ul style="list-style-type: none"> A laundry may not be required if space is provided for a washing machine within each dwelling (preferable for infection control). Access to an external drying area is desirable.
Assisted Bathroom	18m ²	<ul style="list-style-type: none"> One per project is recommended. Keep the finishes and fittings as domestic as possible. Provide assisted WC within a separate room or area for privacy.

Guest Room with En-suite Shower	24m ²	<ul style="list-style-type: none"> En-suite should be wheelchair accessible. Guest room may not be required where development is close to affordable overnight accommodation. Where provided, the guest room can be used for occasional staff overnight stays.
Mobility Scooter / Buggy Store	1 mobility scooter per 5 dwellings (maximum of 10 scooters)	<ul style="list-style-type: none"> As scooter storage is not required by planners, it is often useful to call this the resident cycle store to meet minimum cycle numbers. In reality few bikes will need to be stored and it can become a scooter store.

Staff and Ancillary Spaces		
Accommodation	Area Guide	Notes
Reception / Managers Office	12 - 15m ²	<ul style="list-style-type: none"> Close to the main entrance. Consider ventilation and cooling of this room due to computer use.
Staff Office	18m ²	<ul style="list-style-type: none"> Size will depend on anticipated number of staff in one shift. Care team may require a separate office from the building management team. Monitoring (telecare) and fire alarm equipment will be within this room. Consider ventilation and cooling of this room due to computer use
Outreach / Home Care Office	6m ² per member of staff	<ul style="list-style-type: none"> Required if outreach services are provided.
Staff Rest	15 - 20m ²	<ul style="list-style-type: none"> To include kitchenette, comfortable seating and table for eating.
Staff Change	20m ²	<ul style="list-style-type: none"> To include lockers, changing space and at least one WC and shower.
Staff Laundry	25m ²	<ul style="list-style-type: none"> To include one sluice machine. If CQC are registering the building, provide a segregated in and out arrangement.
Catering Kitchen / Regeneration Kitchen	55m ² Regeneration Kitchen 70m ² Commercial Kitchen	<ul style="list-style-type: none"> Potential for catering to be provided by an independent commercial venture and shared by the community. 70m² includes stores, WC and desk space. <p>Note: Some proposals may not require catering if located close to other extra care developments, local restaurants or other options for meal provision are being considered.</p>
Main Refuse and Recycling Store		<ul style="list-style-type: none"> Refuse strategy to be agreed with Local Authority
Refuse Holding Stores	10m ²	<ul style="list-style-type: none"> May not be needed if the management team can commit to assisting residents with bringing refuse to a central store.
Cleaners' Storage	1m ² per 10 dwellings Maximum 8m ²	<ul style="list-style-type: none"> One for each floor or core.
General Storage	3m ² per 10 dwellings as a guide	<ul style="list-style-type: none"> In addition, consider providing storage for residents to rent out for large items.
Garden Store	5 - 10m ²	<ul style="list-style-type: none"> Could be provided as an external shed.
Lifts	All dwellings to be accessed by a minimum of 2 lifts	<ul style="list-style-type: none"> A minimum of 2 lifts: 1x13 person stretcher lift and 1x8 person lift.

PRP

Chapter 8 Building Design Considerations

- Tenure, mix and number of apartments
- Building layout
- Progressive privacy
- Visitors
- Staff
- Scooter storage
- Refuse storage
- Interior design



PRP

Interior Design



Welcoming Foyer



Colour, Texture & Pattern



Historic References



Hotel Style



Appropriate Furniture



Lighting



Themed Floors



Contrast



Floor Finish



Surface Treatment

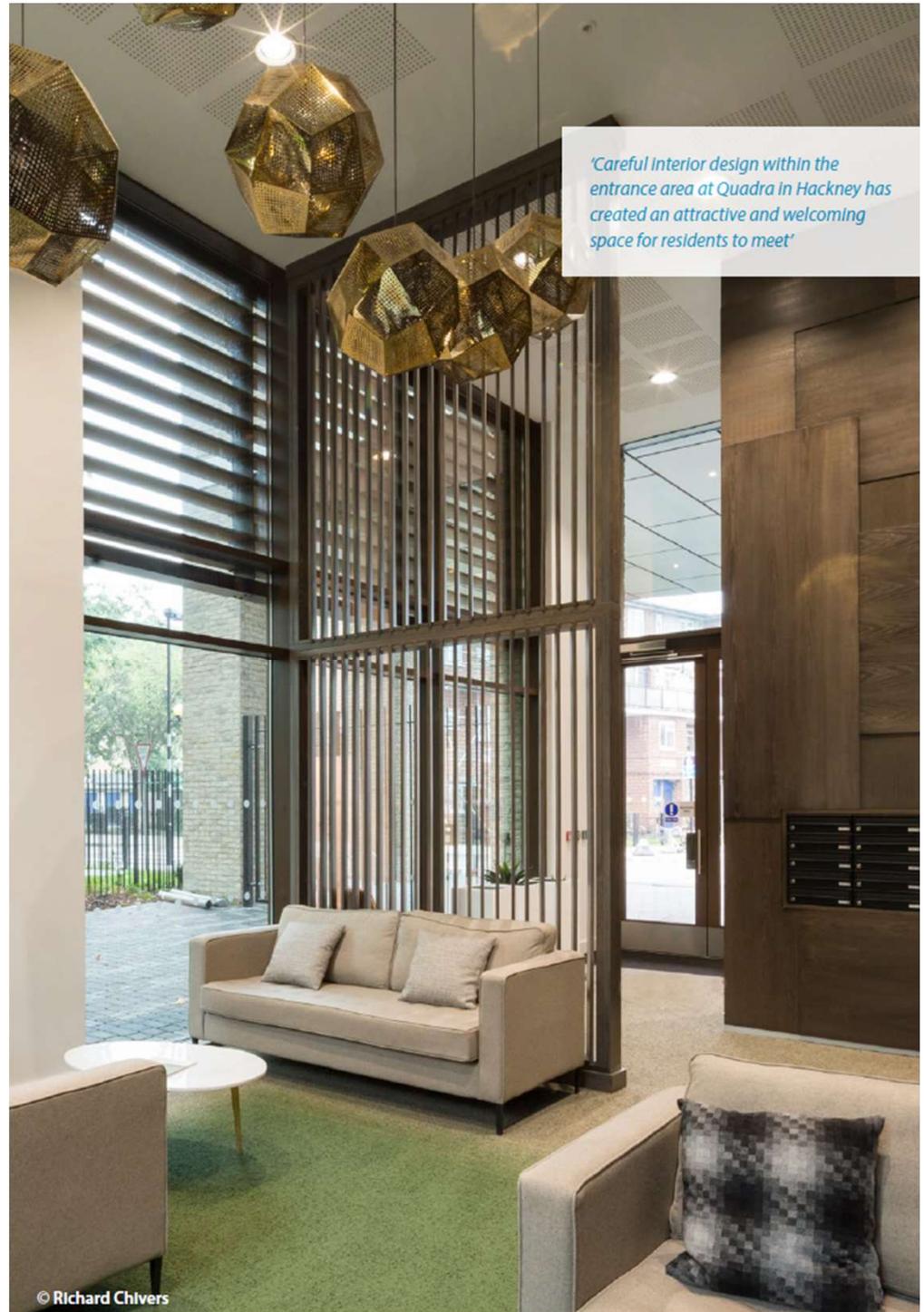


Signage



Maintenance

'Careful Interior design within the entrance area at Quadra in Hackney has created an attractive and welcoming space for residents to meet'



What is a 'healthy' extra care development?



Resilience

Built-in through sustainable drainage systems and permeable surfaces to mitigate flood risk; and passive cooling techniques to minimise urban heat island effect and summertime overheating



Healthcare

Care teams and therapy services on-site to facilitate rapid, timely and convenient access to healthcare requirements



Communal Amenities

A wide range of communal spaces provide stimulating environments for leisure, fitness, recreation, family, and social engagement, and play a key role in combatting social isolation and promoting physical fitness



Enabling Environments

Accessible and inclusive developments that support independent mobility and personal empowerment



Safety and Security

Developments feel safe and secure through strong community cohesion, active public space, safe and well-lit pedestrian routes and traffic calming measures



Noise Control

Good sound insulation to residential accommodation and quiet communal spaces, and induction loops fitted to accommodate hearing requirements in noisy spaces



Active Gardens

Communal gardens designed to promote active lifestyles, wellbeing and social interaction through on-site active gardening provision



Good Air Quality

Generously landscaped grounds and sensors to detect and mitigate poor air quality from external sources, such as traffic and energy generation



Healthy Eating

On-site restaurant/cafe provision and local food growth that provide a range of healthy food options and encourage healthy eating



Colours

That promote balance, wellbeing and relieve stress and anxiety, whilst meeting the needs of visually impaired residents



Design

Interiors and architecture that maximise opportunities to restore, inspire, and uplift the spirit



Healthy Homes

That promote physical health, mental wellbeing and good family relationships



Active Design

Residents enjoy safe, secure and walkable access to on-site and local amenities, public transport and pedestrian routes to the wider community, to improve levels of physical activity



Green Spaces

Diverse and well-maintained range of on-site green spaces and biodiverse habitats to promote community interaction, fitness and mental wellbeing



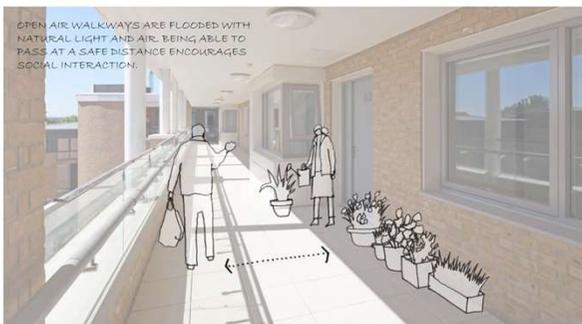
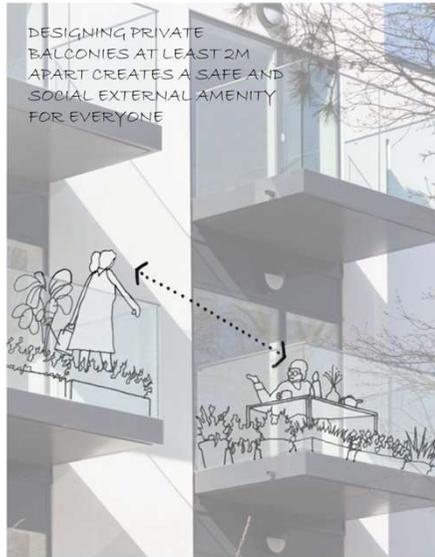
Quiet Space

Provision of settings for a range of 'quiet' activities, including focused study/work, privacy, thinking, relaxation and meditation



PRP

Chapter 9 Infection Control



Minimising the spread of infection whilst nurturing social interaction



Main entrance for residents and visitors



Multi-purpose and flexible use spaces



Staff



Natural ventilation



Movement within the building



Considerations for the building plan



Storage



Gardens and external space



Deliveries



Sanitation



Communication

Ideas for additional measures during a pandemic like Covid-19



Deliveries



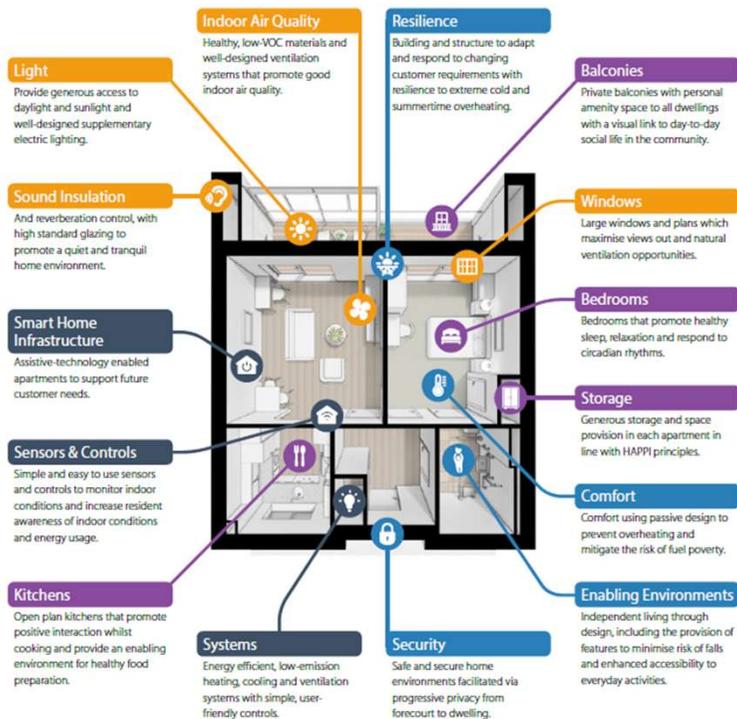
Meals



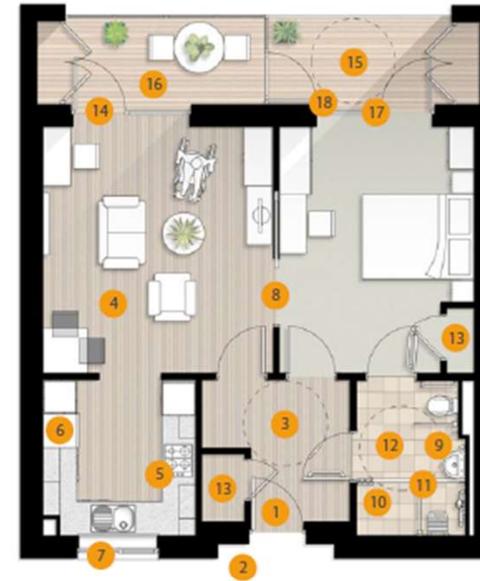
Visitors

PRP

Chapter 10 The Dwelling



One bed dwelling example



Entrance

1. Potential for views to the outside on entering.
2. Recess to apartment entrance to allow personalisation and space to prevent blocking the circulation.

Hall

3. Space for a 1500mm diameter wheelchair turning circle.

Living Room

4. Generous area with open plan living for easy access.

Kitchen

5. Electric induction hob with controls at the front for easy access.
6. High level oven to avoid the need to bend down.
7. Optional kitchen window will allow views into the corridor or external walkway.

Bedroom

8. Optional pocket door between lounge and bedroom provides open plan living and optimum natural light.

Shower Room

9. Knee space under basin.
10. Full height weighted shower curtain fitted.
11. Level access shower, floor to shower room to fall gently to shower area.
12. Shower room adaptable for future installation of grab rails and shower seats.

Utility

13. Optimum storage to allow for M&E equipment and meters contained within utility cupboard.

Balcony

14. Level access to balcony.
15. Generous balcony with space for wheelchair turning circle.
16. Consider the inclusion of winter-gardens.

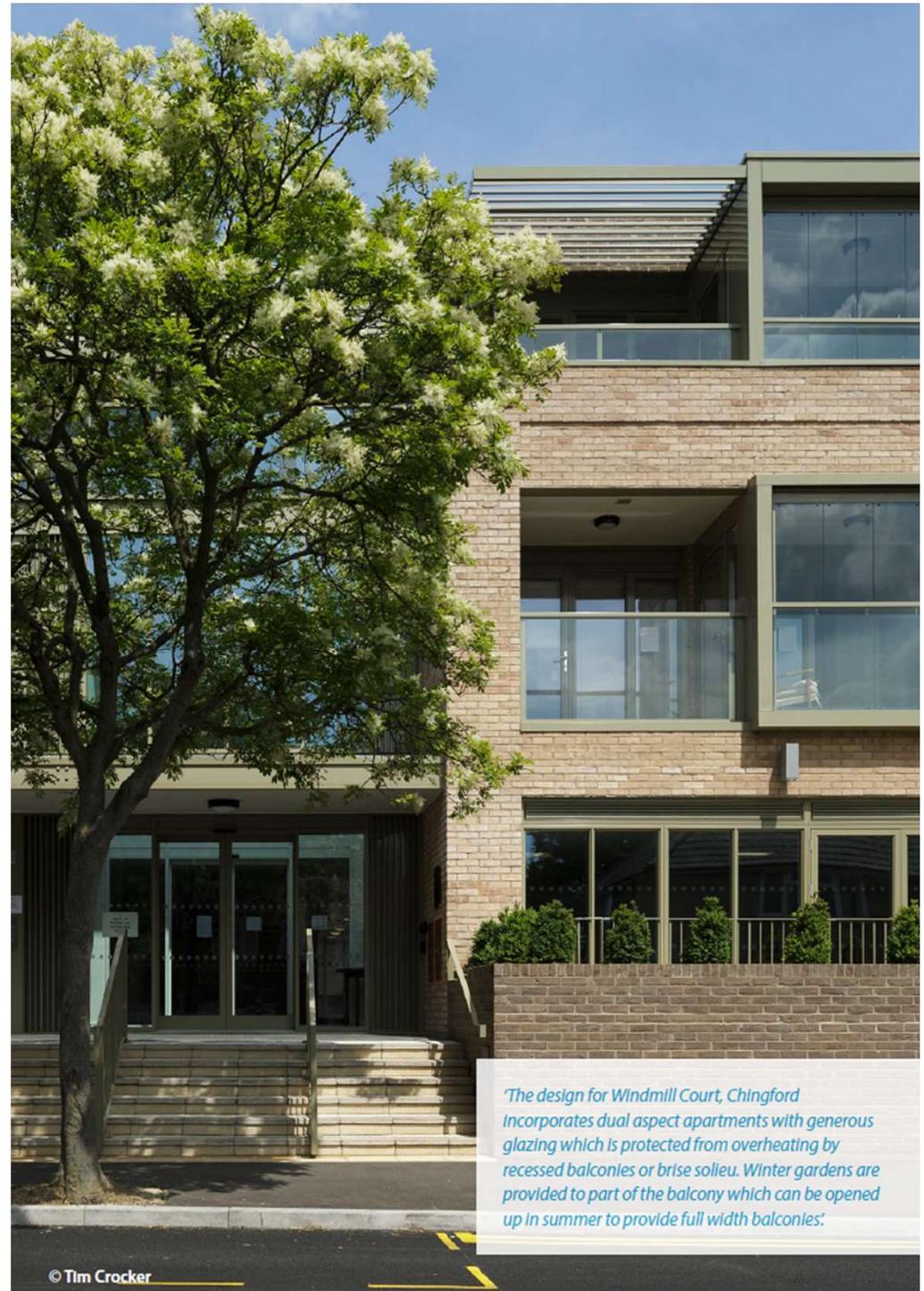
Windows

17. Large windows to provide ample daylight.
18. Consider full height 'vent' panel to allow for night time ventilation.

PRP

Chapter 11 Technical Considerations

- Fire protection and means of escape
- Sustainable design
- Energy efficiency
- Overheating
- Flood risk
- Daylight and sunlight
- Indoor air quality
- Heating and water
- Noise pollution
- Smart homes and assistive technology



PRP

Chapter 12 Designing for Physical Frailty, Cognitive and Sensory Impairment

- Designing for physically frail people
- Designing for people with dementia or cognitive impairment
- Designing for people with visual impairment
- Designing for people with a hearing impairment
- Other groups



'Changes in colour tone at each floor and atrium spaces at Campbell Place in Fleet assist with orientation'.

PRP

Chapter 13 Design Standards and Guidance Documents

- Space and accessibility standards
- Accessibility standards: Wheelchair 'Lite'
- HAPPI – Housing our Ageing Population: Panel for Innovation

