

# Retirement Villages: Social by Design

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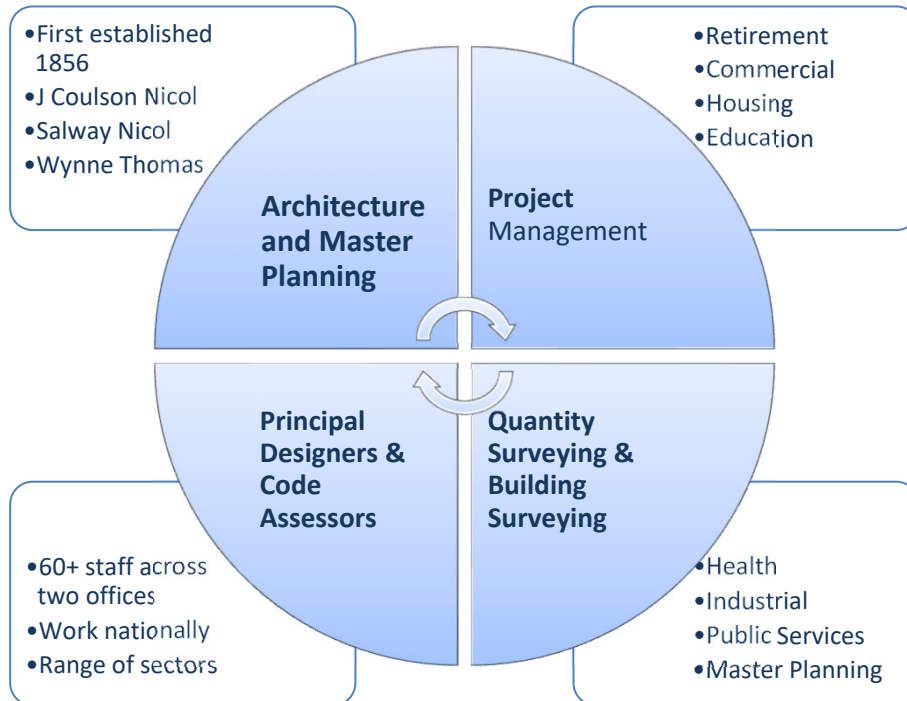
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# Who are we?



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# We have come a long way ...

**Lots of learning from USA, Australia, New Zealand, Europe:**

- General desire to improve standards within the sector
- Expectations have changed
- Move towards down sizing
- Recognised need/housing shortage
- Funding opportunities (affordable v private)
- Better approach to retirement and 'ageing in place', not just on care
- More specialist approach to design, delivery and care
- Designs that anticipate progressive needs

## **Typically:**

### **Institutional Care Homes used to focus on:**

- Bedrooms and shared bathrooms (no apartments)
- One or no lifts
- basic food and laundry facilities

### **Resulting in:**

- Accessibility issues
- Lack of respect & dignity
- Inappropriate for some residents (only needing support and not 'care')
- Little or no stimulation

### **No age specific design approach**



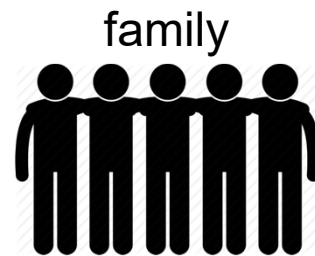
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# What makes a *great* Retirement Community

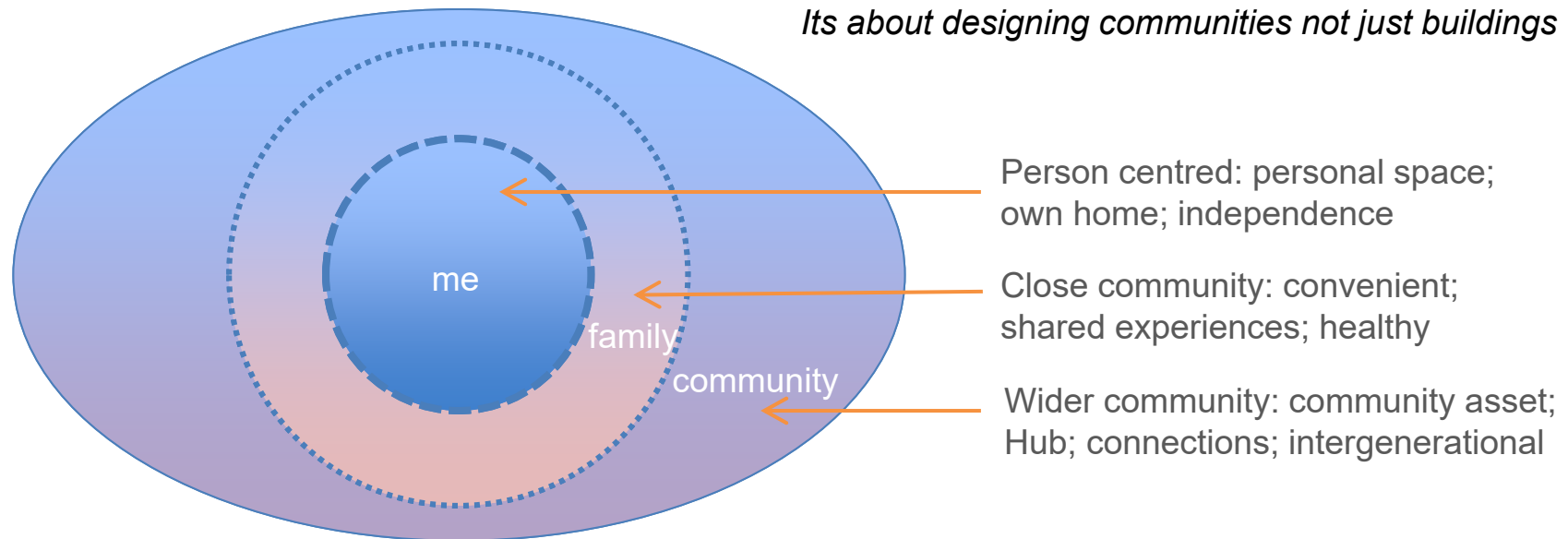
Architects are arguably involved in influencing human behaviour through the spaces we create; our priorities become defining characteristics ...

...and so whilst it is great residents and great staff that make a great place to live, it must start with a great idea ...



# All communities are created out of spatial preferences

*Its about designing communities not just buildings*

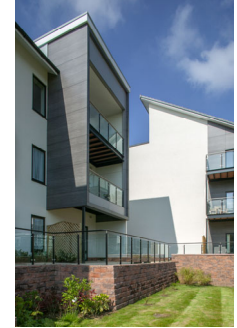


Design offers choices that allow layers of proximity based on levels of intimacy where spatial distances relate to psychological comfort

# Person centred spatial preferences



Space that is 'owned' by  
you  
- *one's own*



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# Close Community Spatial Preferences

Designed with progressive privacy principles

Public facing to encourage wider community interaction

Should be active, engaging and easy to understand

It should be a clean, organised, legible and happy place to be

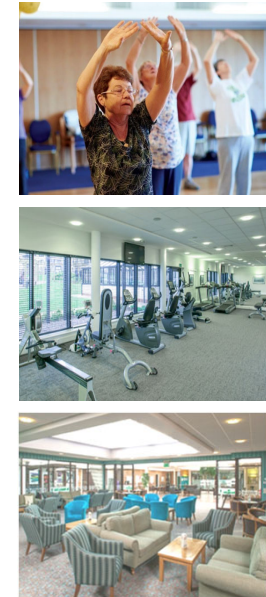
A place where everyone can play their part; make a contribution; feel valued



Layers of proximity based on levels of intimacy – a more 'public' approach



# Promoting a positive attitude towards ageing...



# Wider Community Spatial Preferences



Library, IT, Hobbies  
 Café, Bistro, Bar  
 Activity hall, Gym  
 Hair & Beauty  
 Greenhouse, Man-shed



Town, Village,  
 District  
 community

- ★ Site
- 1 Existing community
- 2 Future Housing
- 3 Train Station
- 4 Future Employment
- 5 Historic Employment
- 6 New Shops

Family, friends, work colleagues, schools, communities

# EXTRACARE VILLAGES®

THE UK'S LARGEST HOMES,  
CARE AND LIFESTYLE PROJECT  
DELIVERING BETTER LIVES FOR OLDER PEOPLE

Supporting the City's Health and Well-being Board targets and the public purse

**NHS COSTS** **REDUCE BY 38%\***  
INCLUDING ROUTINE AND REGULAR GP VISITS, PRACTICE & DISTRICT NURSE VISITS, UNPLANNED HOSPITAL ADMISSIONS

SUPPORTING **200** PEOPLE WITH **DEMENTIA**  
WITH A **£576K P.A** SAVING TO PUBLIC SERVICES

**3,628** WELL-BEING VISITS  
COMPLETED BY EXTRACARE'S ADVISORS IN 2015

**199** CARE PACKAGES  
DELIVERED ACROSS BIRMINGHAM IN 2015

Creating and retaining investment in the City

**OVER 1,300**  
CONSTRUCTION JOBS

**£200m** INVESTMENT  
IN 5 BIRMINGHAM VILLAGES  
WITH 2 MORE TO FOLLOW

**RETAINING**  
THE OLDER PEOPLE'S **£**  
IN BIRMINGHAM

**OVER 30** ACRES  
OF REGENERATED LAND



**UNPLANNED HOSPITAL STAYS REDUCED**  
FROM 8-14 DAYS TO 1-2 DAYS\*

**46% REDUCTION**  
IN ROUTINE AND REGULAR GP VISITS\*

**UKHA**  
2016  
WINNER

ExtraCare won the Outstanding Approach for Innovation trophy at the 2016 UK Housing Awards.

Improving the quality of life of older people in diverse communities

**REDUCING ISOLATION**  
IN VILLAGES AND THE COMMUNITY: 276 VOLUNTEERS & OVER 400 'FRIENDS' ENGAGED IN VILLAGE LIFESTYLE

**150** ACTIVITIES PER WEEK

**SUPPORTING DIVERSITY**  
OVER 70% OF PANNEL CROFT RESIDENTS ARE FROM AFRICAN CARIBBEAN BACKGROUNDS

**18%** Reduced risk of falling  
compared to older people living in the community\*\*

Supporting the City's Integrated Housing Strategy

**1,152** HOMES PROVIDED FOR OVER 1,300 OLDER PEOPLE

**628** 3-4 BEDROOM FAMILY HOMES RELEASED

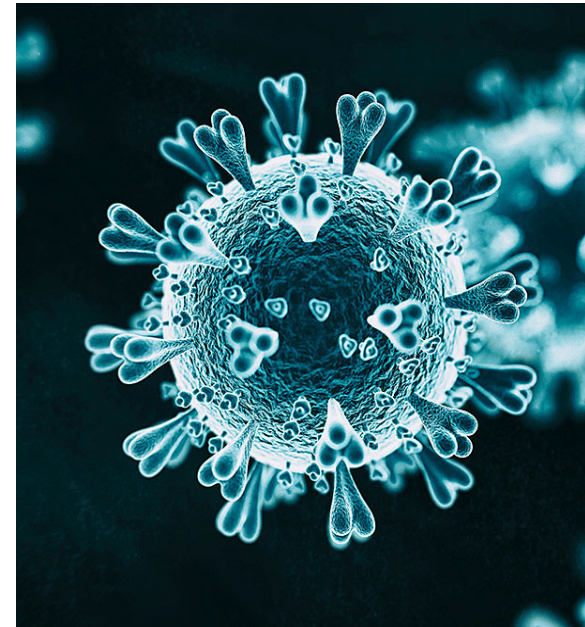
**125** COUNCIL HOMES RELEASED BACK TO THE CITY COUNCIL

## COVID-19...

COVID has taught us the **human aspect** of the impact of lockdown:

- **isolation** has huge influence on health and wellbeing.
- Before COVID **loneliness** was a stigma – nobody likes to admit to being lonely?
- People are craving social and family **interaction**

**Social interaction; physical engagements; cognitive stimulations are tangible benefits of Village Life Living**



# COVID-19...

Consider the three C's + D & V:

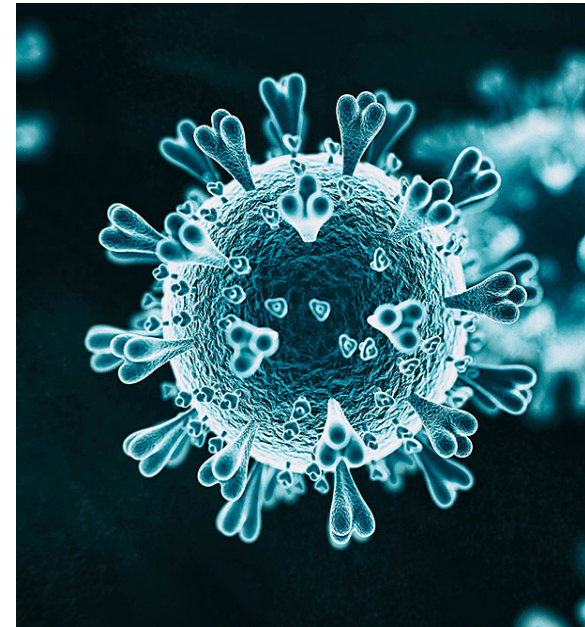
**C** : closed spaces

**C** : crowds

**C** : close contact

**D** : duration

**V** : volume (noise)



Jonathan Van Tam : Deputy Chief Medical Officer for England



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Not everyone's home is pleasant, spacious and relaxing and so developments can offer attractive aspirational alternatives

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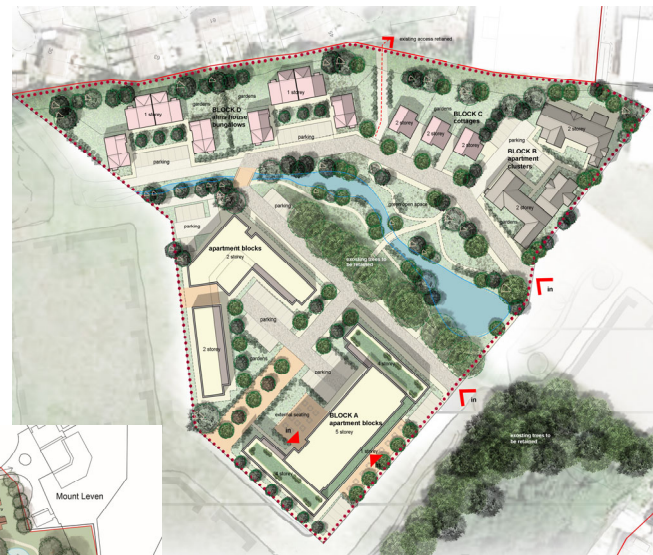
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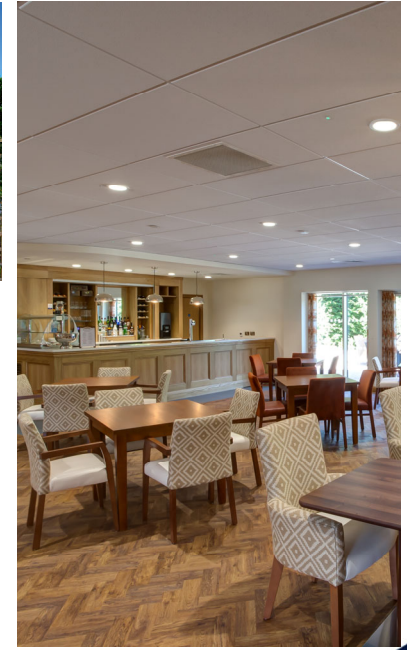
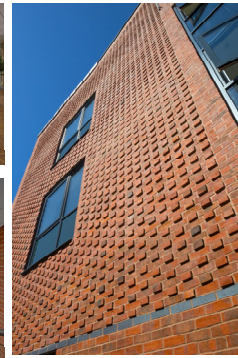
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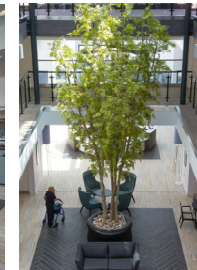
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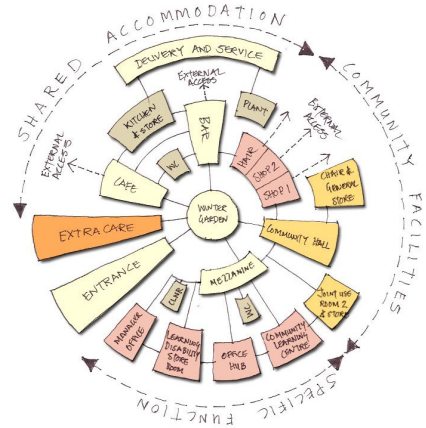
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# Our Priorities define us...

**HAPPI:** Modern innovation and design with older people in mind:

- *Space & Flexible* layouts for future changing needs
- Must foster *independence*
- Building must be a *community asset* (so that older people feel valued)
- Must be *accessible* for wheelchair users & those with early onset dementia
- Avoid *institutional* feel
- A *nice place* to work
- *Safe* and secure – some residents will be vulnerable

10 HAPPI principles :

- 1.Space and flexibility
- 2.Daylight & ventilation
- 3.Balconies & outdoor space
- 4.Adaptability & 'care ready'
- 5.Positive use of circulation
- 6.Shared facilities and 'hubs'
- 7.Plants, trees, nature
- 8.Sustainable, energy efficient
- 9.Storage internal & external
- 10.External 'home zones'

**Living in an increasingly low carbon, more efficient, digital world**

Energy efficient  
Smart buildings  
Low carbon – offsite fabrication?

Ask questions:

Will it save the planet  
Will it break boundaries  
Will it improve lives  
Will it make the world a better place  
Will it break down barriers

# Good Design makes us happy

