

I'm Not Going to a Nursing Home!

Designing for Wellness and Active Living

BC Care Providers Association Conference, 2024

Whistler, BC, Canada

Kasian 



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AGENDA

- Research
- The Role of Design
- Design Principles
- Design Strategies
- Senior Living 2.0
- Questions





***ICAA Study:** *Unlocking the future: closing the gap between consumer expectations and community offerings in senior living*

**International Council on Active Aging: ICAA.coo*

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Overview & Findings

- Disconnect in Perceptions
- The Draw of Autonomous Living
- Perception vs. Reality of Active Lifestyle
- Community Amenities vs. Active Aging

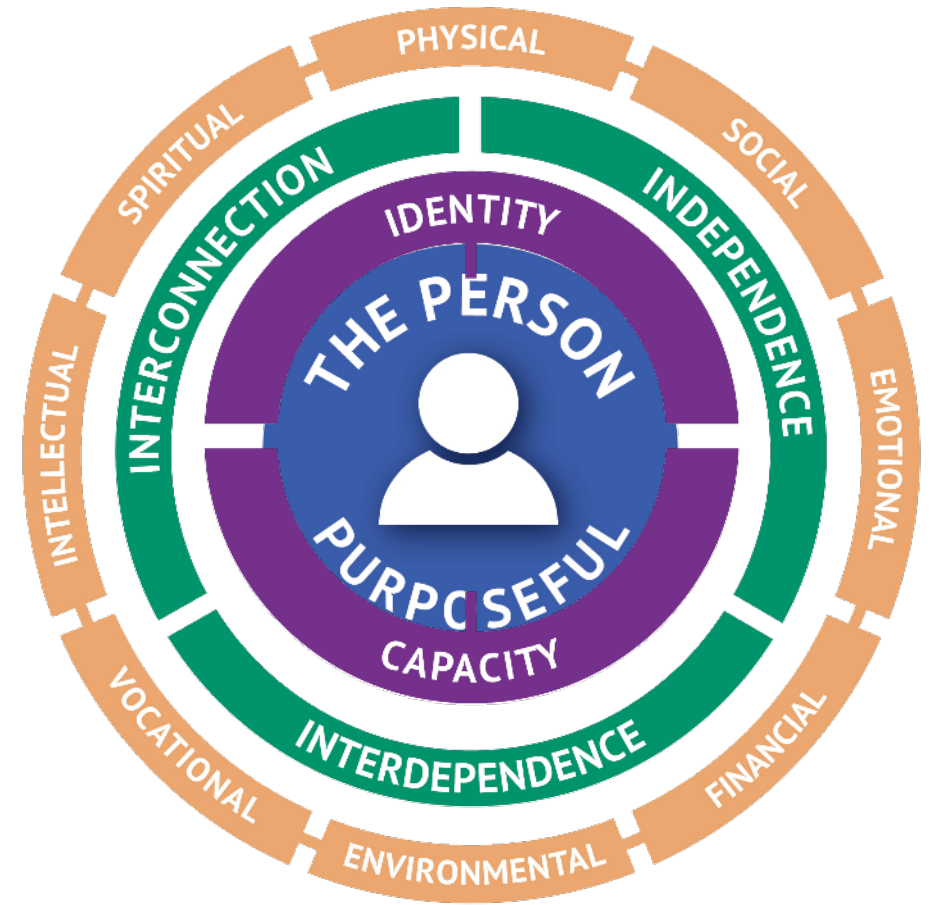
	COMMUNITY	ADULTS 50+	GAPS TO CLOSE
Social	89%		
Active	80%		
Safe	75%		
Positive	74%		
Fun	72%		
Entertaining	64%		
Vibrant	57%		
Healthy	63%		
Inclusive	59%		
Old	6%		
Boring	1%		
Depressing	1%		
Death	0%		

SOURCE: INTERNATIONAL COUNCIL ON ACTIVE AGING/AGE OF MAJORITY CLOSING THE GAP REPORT, MARCH 2023

What is Wellness?

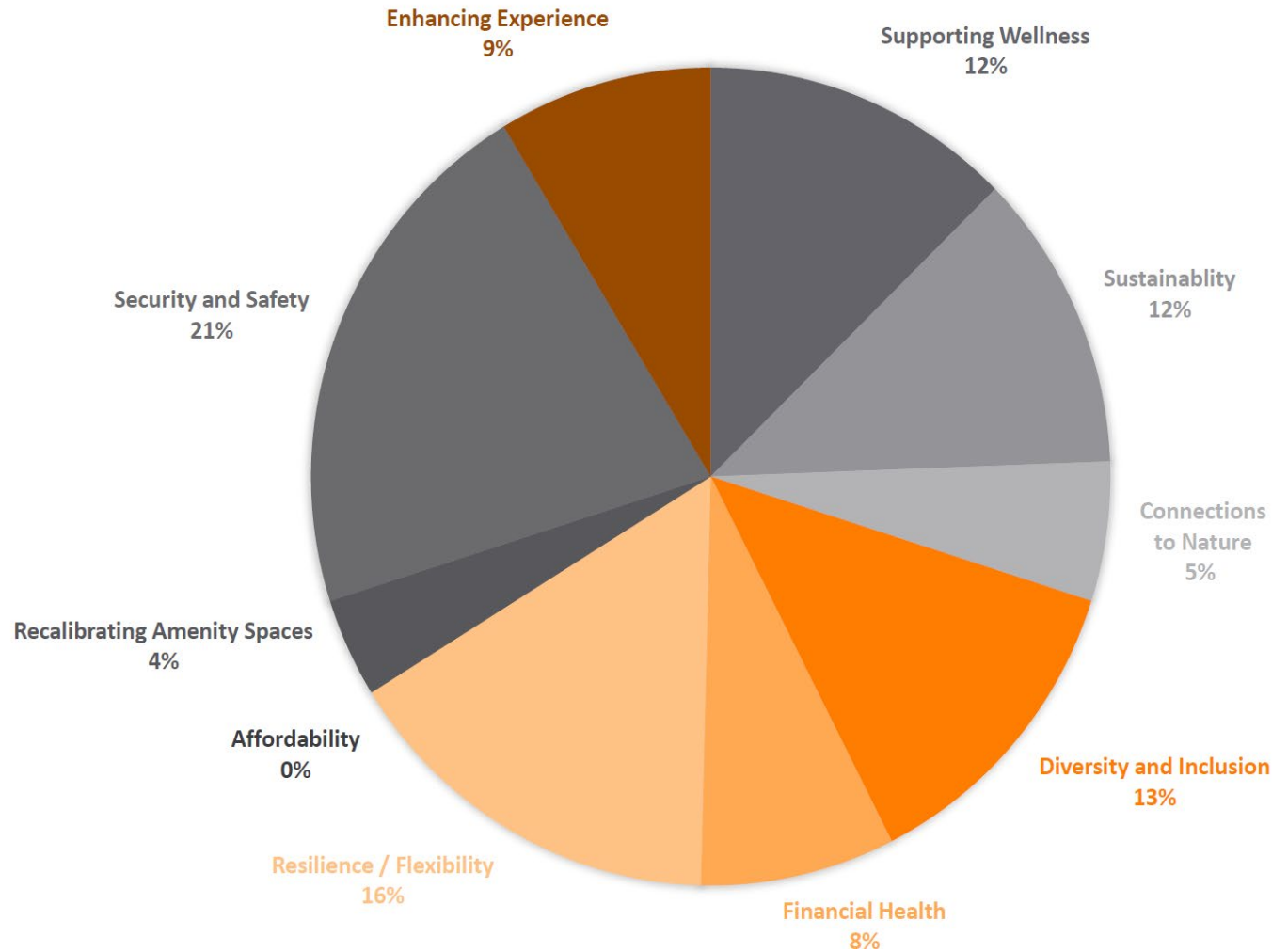


Active Agers and Person-Centered Design



© INTERNATIONAL COUNCIL ON ACTIVE AGING

*The Top 5 Priorities for Active Older Adults and their Families



1. Safety
2. Flexibility/ Autonomy
3. Holistic Approach to Health
4. Intentional Inclusion
5. Sustainability

**Kasian Research*

Our challenge is not competing with others, but with ourselves – and our outdated perceptions.

The Role of Design and Architecture

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The Top 5 Concerns Older Adults Have about Senior Living Communities

1. Cost
2. Loss of privacy
3. "I would feel old living in one."
4. "I might lose my independence."
5. Depressing atmosphere





McConachie Gardens, Alberta

The Top 5 Amenities Active Older Adults expect:

1. Essential and non-essential shopping
2. Restaurants
3. Parks and access to nature
4. Entertainment
5. Libraries, museums

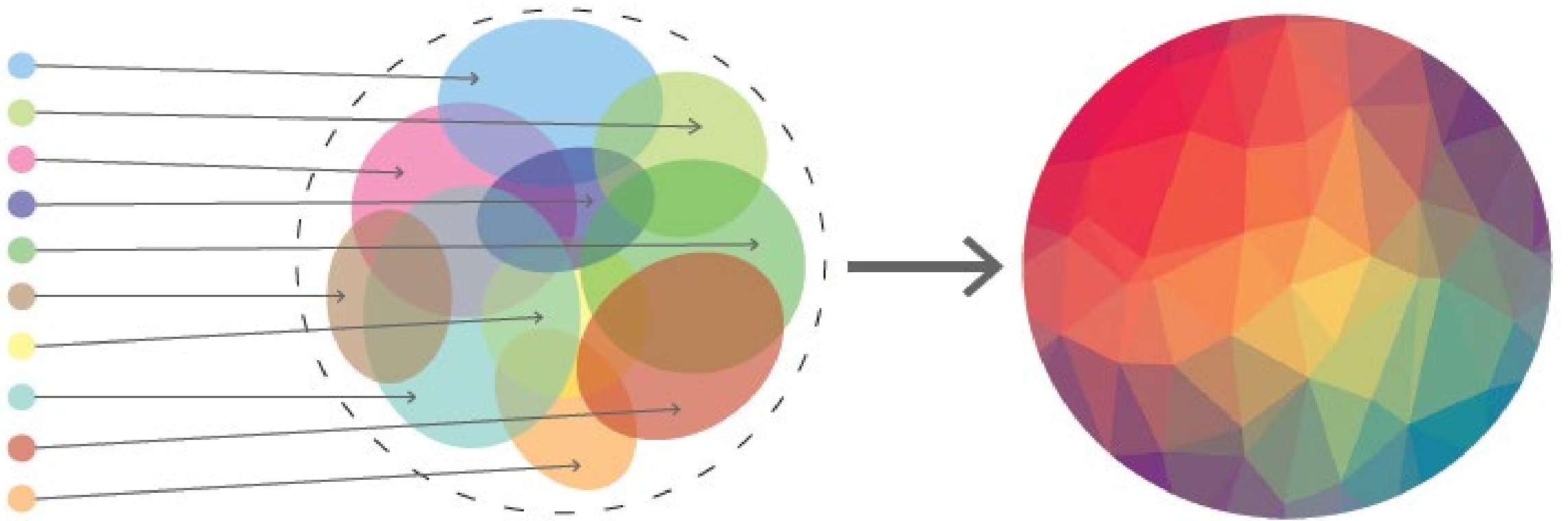
Fitness centres and classes didn't even make the top 5.

How Architects & Interior Designers Shape Communities

First Steps:

- Engagement
- Co-creation
- Research
- Identity





USER INPUTS

DESIGN PROCESS

BUILT PROJECT

Design Principles for Wellness and Active Aging in Senior Living



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DESIGN PRINCIPLES

Supporting aspirations for active aging = supporting wellness

- Autonomy and Privacy
- Diversity and Variety
- Alignment with Pattern and Rhythm
- Balance and Proportion
- Emphasis and Contrast
- Unity
- Movement and Connection



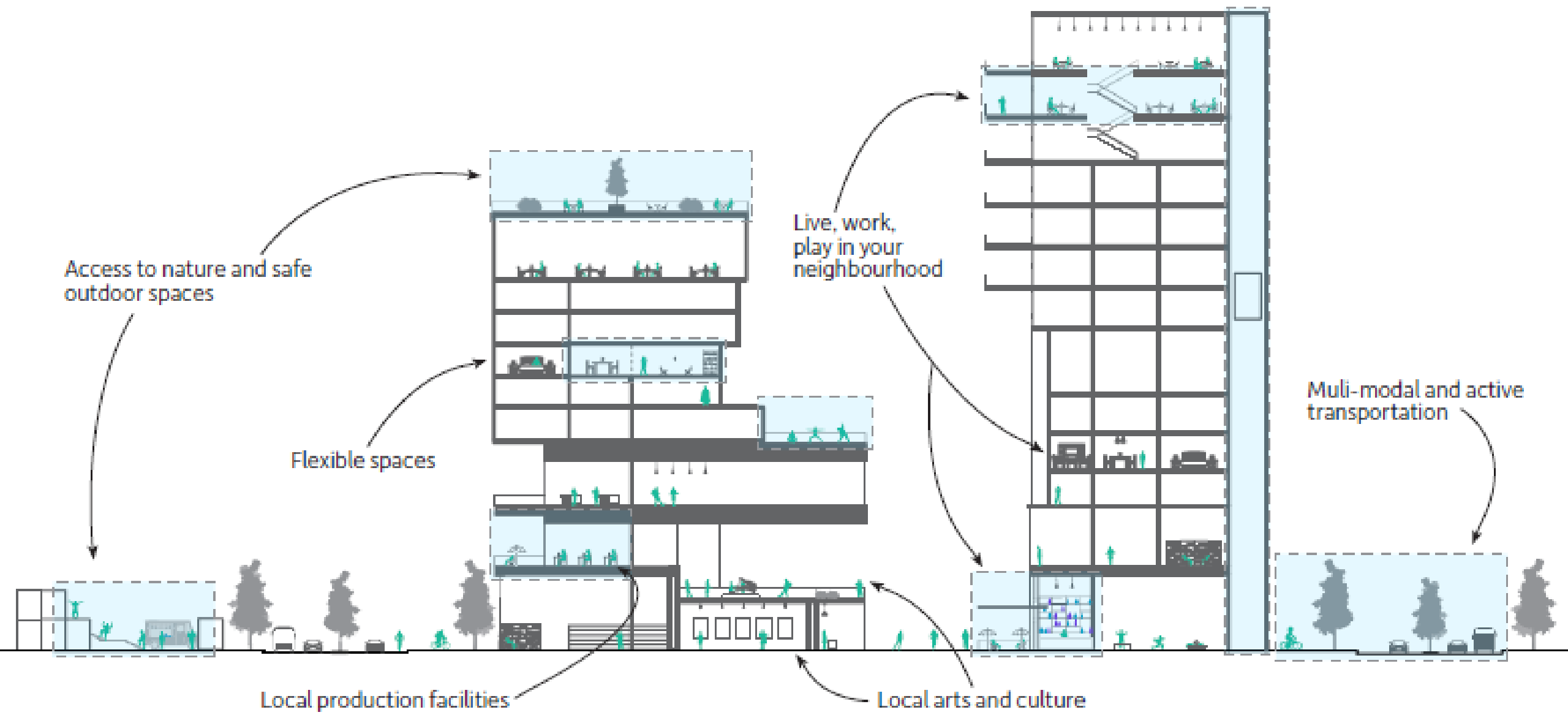


Autonomy and Privacy

- Ability to go where they want, when they want
- Enabled with universal design, ergonomics, anthropometric considerations

Diversity and Variety

- Options!
- Shopping / entertainment
AND nature / physical activity
AND quiet contemplation
- Not either/or



Access to nature and safe outdoor spaces

Flexible spaces

Live, work, play in your neighbourhood

Multi-modal and active transportation

Local production facilities

Local arts and culture

Alignment with Pattern and Rhythm

- Ability to choose own schedule, choose their own daily rituals without barriers
- Circadian rhythm

Balance and Proportion

- Size, shape and character of spaces match expectations and needs
- Proportionally relevant activity supported with interior and exterior architecture
- Form follows function



SITE UNDERSTANDING: SITE CONTEXT



Fish Creek
Provincial Park



Existing Father
Lacombe Care
Centre



Sisters of
Providence



St. Mary's University

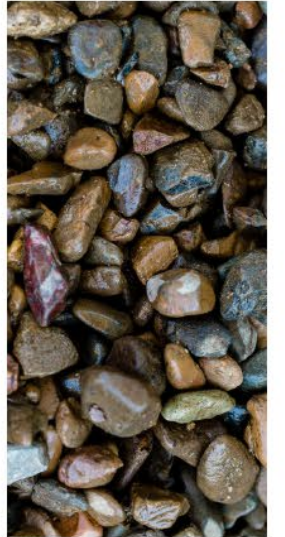


Providence Care
Centre

OVERALL: Look + Feel



EXTERIOR: Finishes



INTEGRATED DESIGN: ARCHITECTURE, LANDSCAPE, AND INTERIORS



RENDERINGS: 3D VIEW - OVERALL BUILDING





The Kingsway, Ontario

Emphasis and Contrast

- Loud and Quiet
- Open and Closed
- Passive and Active

Unity

- Consistent, vibrant design creating sense of continuity with diversity
 - Placemaking
- Connecting the architecture with the person, engender sense of ownership



The Kingsway – Toronto, Ontario, ID –Kasian

Movement

- Curiosity and mystery = exploration
- Supportive architecture and engineering to engender confidence in movement

Connection

- Spaces for family and friends
- Architecture that supports interpersonal relationships
- Opportunities for visual, auditory, physical connections



STREET VIEWS - PRIOR TO DEVELOPMENT



View from 12th Ave & 2nd St.



View into existing court.

STREET VIEWS - POST DEVELOPMENT



View from north (11th Avenue) towards the Market Shed and office lobbies.



View from north (11th Avenue) towards the Market Shed.



The Market Shed, south patio.

WEST ARCADE

THE DISTRICT AT BELTLINE

Welcome to the
FOOD HALL

thedistrictbeltline.com

CENTRAL





Strategies for Successful Implementation

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DESIGN STRATEGIES

*Supportive architectural form =
supporting autonomous aspirational
living*

- Consumer-centric design
- Safety and comfort
- Ergonomics and universal design
- Flexible and adaptable architecture
- Biophilic design
- Purposeful design, specificity to residents' rhythm
- Placemaking
- Experiences, inspiration and growth



Brightwater Senior Living, Linden Pointe, The Residences, Manitoba



Strategies for consumer-centric design

- Diversity and inclusion
 - User research
- Day-in-the-Life (User Journey Mapping)
- Iterative design process
 - Personalization
- Continuous learning



Lina

Elders in our communities

- Accessibility
- Lack of immediate accommodation
- Reliance on nursing care
- Language



Kathy

Elders in our communities

- Mobility
- Financial accessibility
- Strong desire to stay and participate in her community



Robert

Elders in our communities

- Dementia care
- Moving from family supports
- "Until death do us part"



Leo

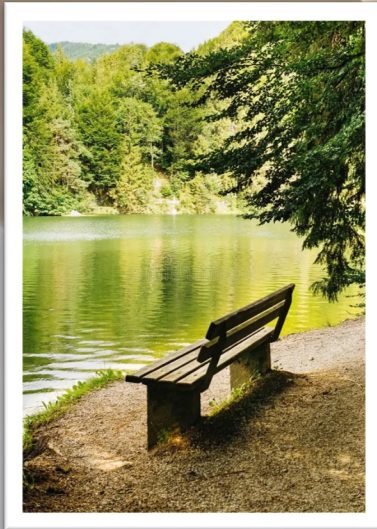
Elders in our communities

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Safety and Comfort

- Confidence is freedom
- Interior architecture impacts range of movement, engagement, exercise, and connection
- Consider: sightlines, travel distances, thresholds, redundancies, adjacencies, respite areas
- Variety and full spectrum atmosphere
- Comfort comes from familiarity





Avenir Senior Living – ID.: Christine Craik RID, IDC, Stephenie Nash ASID



Revera Kingsway, Ontario- ID, Kasian

Ergonomics

- Encourage autonomy with supportive FF&E
- Right-height, easy on/off, non-slip, creative hardware

Universal Design

- Seven Principles of Universal Design
 1. Equitable use
 2. Flexibility in use
 3. Simple and intuitive use
 4. Perceptible information
 5. Tolerance for error
 6. Low physical effort
 7. Size and space for approach and use



imagine.
a world without barriers.





Brightwater Senior Living - Linden Pointe, The Residences, Winnipeg, Manitoba, ID –Kasian, Arch - CBTwo

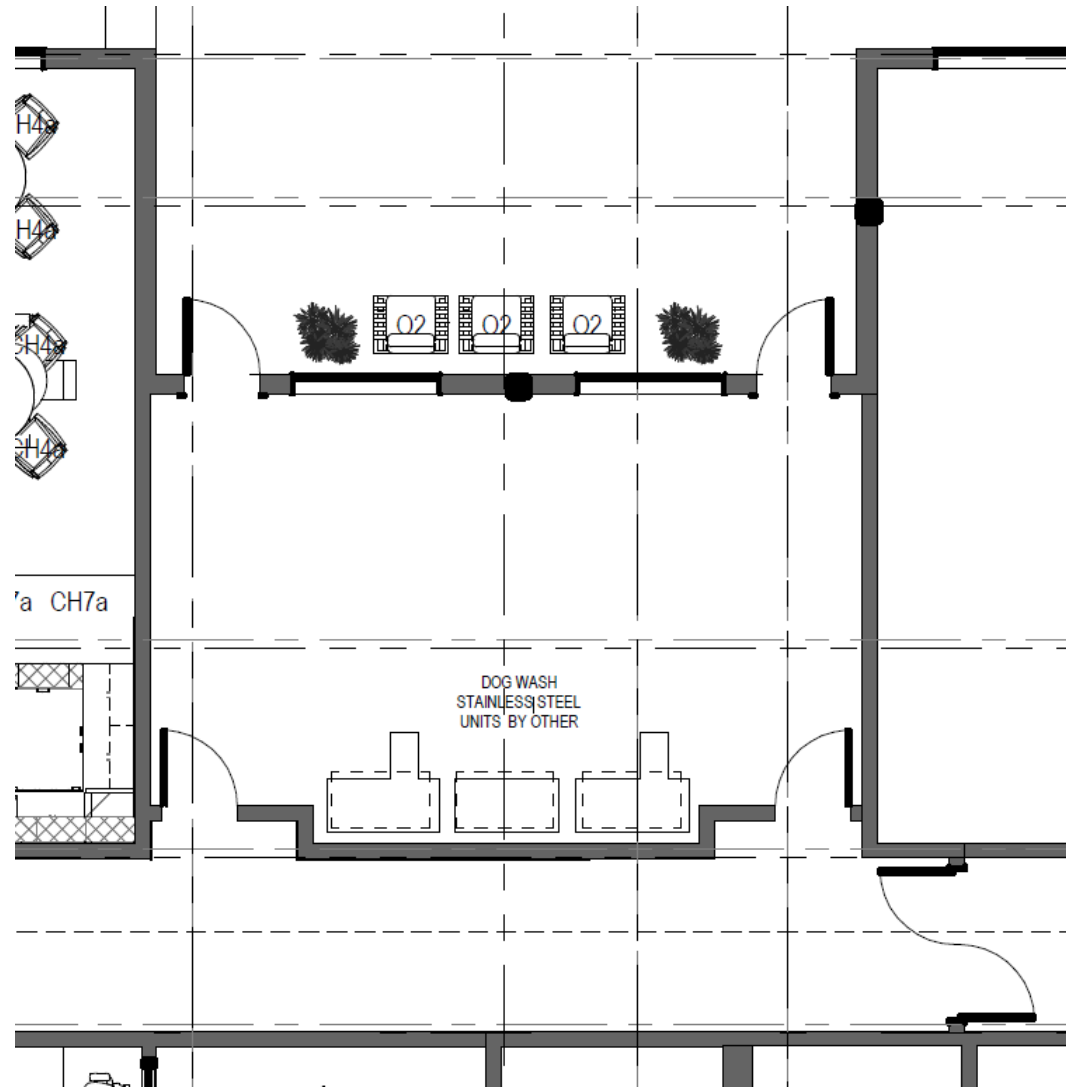


Brightwater Senior Living - Linden Pointe, The Residences, Winnipeg, Manitoba, ID –Kasian, Arch - CBTwo

Flexible and adaptable spaces

- Variety of spaces: size, shape, character
- Outside the box amenity spaces
- Multiple uses (activity) and experiences (sensory)
- Design for weather



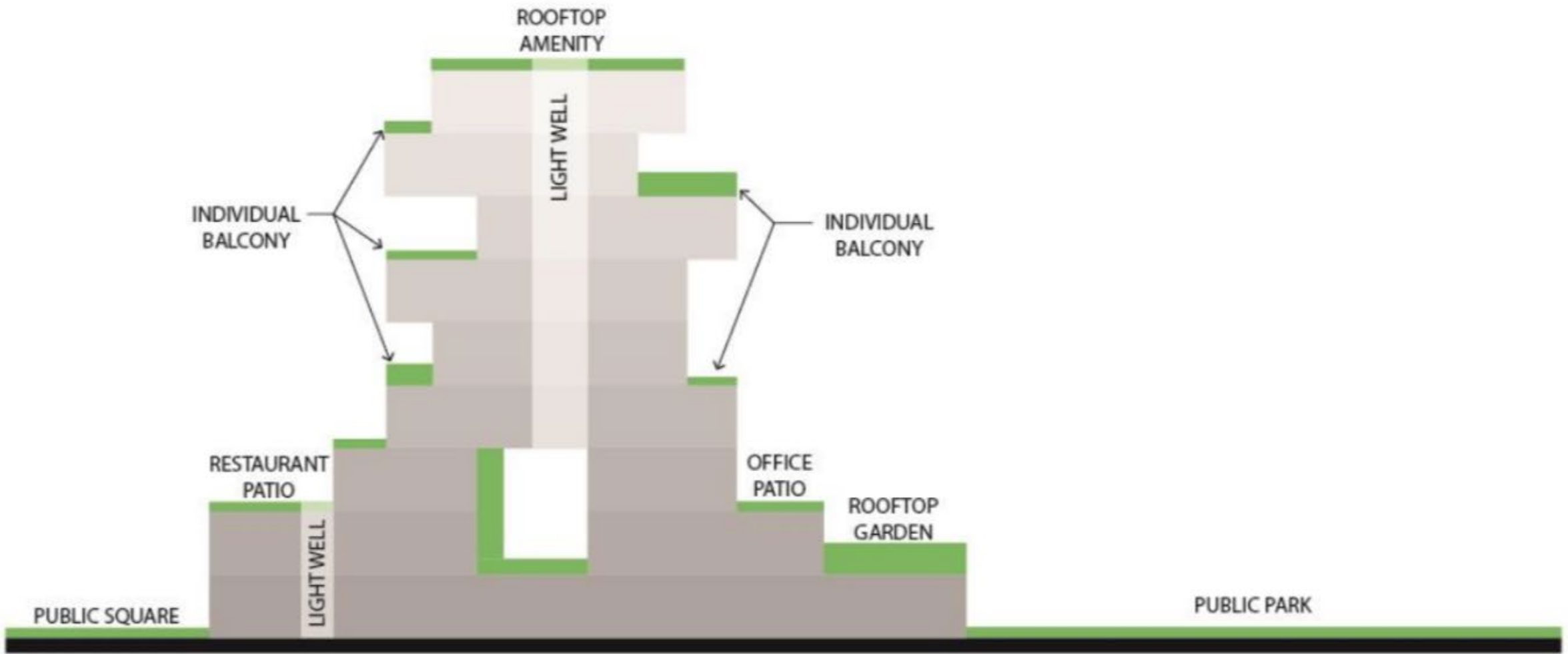


CONCEPT PRECEDENT IMAGES



Biophilic Design

- Connection to nature
- Quantitative evidence that visual and non-visual biophilic stimuli in interior architecture increases positive health outcomes
 - Non-rhythmic stimuli, temperature and light level and diffusion variations



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Mosaic Gardens / Avenir Senior Living— Surprise, Arizona – ID, Christine Craik

Purposeful Design

- Support for emotional, intellectual, professional and social/spiritual needs
- Create destinations worth visiting

Placemaking

- Collaborative process
- Strengthening the connection between the people, and the place





Artists Quarters— Edmonton, Alberta— Kasian Architecture



Inspiration and Growth

- Provide opportunities to learn new skills, talents and abilities
- Growing in popularity are product delivery business models, by the residents, such as craft beer breweries and apiaries
- Spiritual accommodations



Benchmark Active Ager Communities

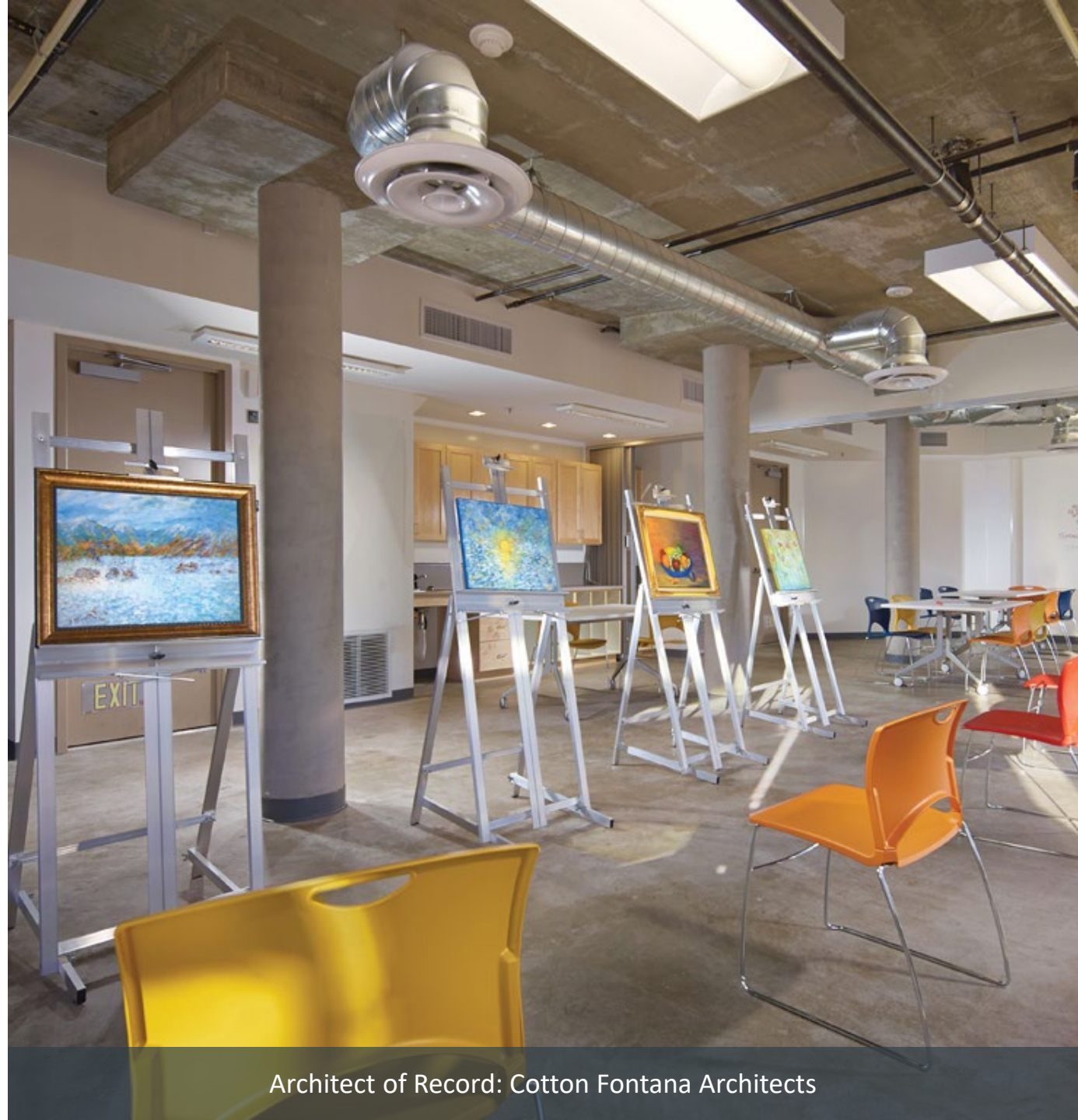


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Arts Colonies

- NOHO Senior Arts Colony
- **Focus on the arts:** visual arts studio, digital arts room
- Performing arts theatre, costume design, set design, scenery and props production
- Arts and wellness program

www.nohoseniorartscolony.com





Zen Centers

- Enso Village senior living community
- **Values-driven:** sustainability, culture of generosity, responsibility for roles in our communities
- Physical, mental, social, intellectual, and spiritual wellbeing
 - Farm-to-table style dining

www.enso.Kendal.org

Agrihoods

- Chickahominy Falls – Farming/gardening in communities for seniors
- Healthy Lifestyle communities centered around a working farm
- Distinct neighborhoods
- Clubhouse, pool, walking trails, birdwatching
- Fishing along the river
- The heart of Chickahominy Falls is Woodside Farms, a 10-acre professionally managed farm

chickahominyfalls.com



Chickahominy Falls



Active and Athletic

- Sun City Summerlin
- Four Clubhouses, 2,400 acres
- Fully equipped fitness centers
 - Outdoor and indoor pools
- Multiple sport courts, 3 golf courses
 - Racquetball, shuffleboard, tennis, basketball, softball fields and pickleball courts...

www.suncitysummerlin.com

Questions for Discussion

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GROUP QUESTIONS –

1. What are some solutions or strategies you've seen, to help dissociate "nursing home" from "senior living"?
2. What are some things you're doing to help residents feel they belong?
3. What are some examples of great, cost-effective amenities and features you've seen, that add value (in new builds, or repositioning)?

