



# Residential Meets Assisted Living

Presented by:

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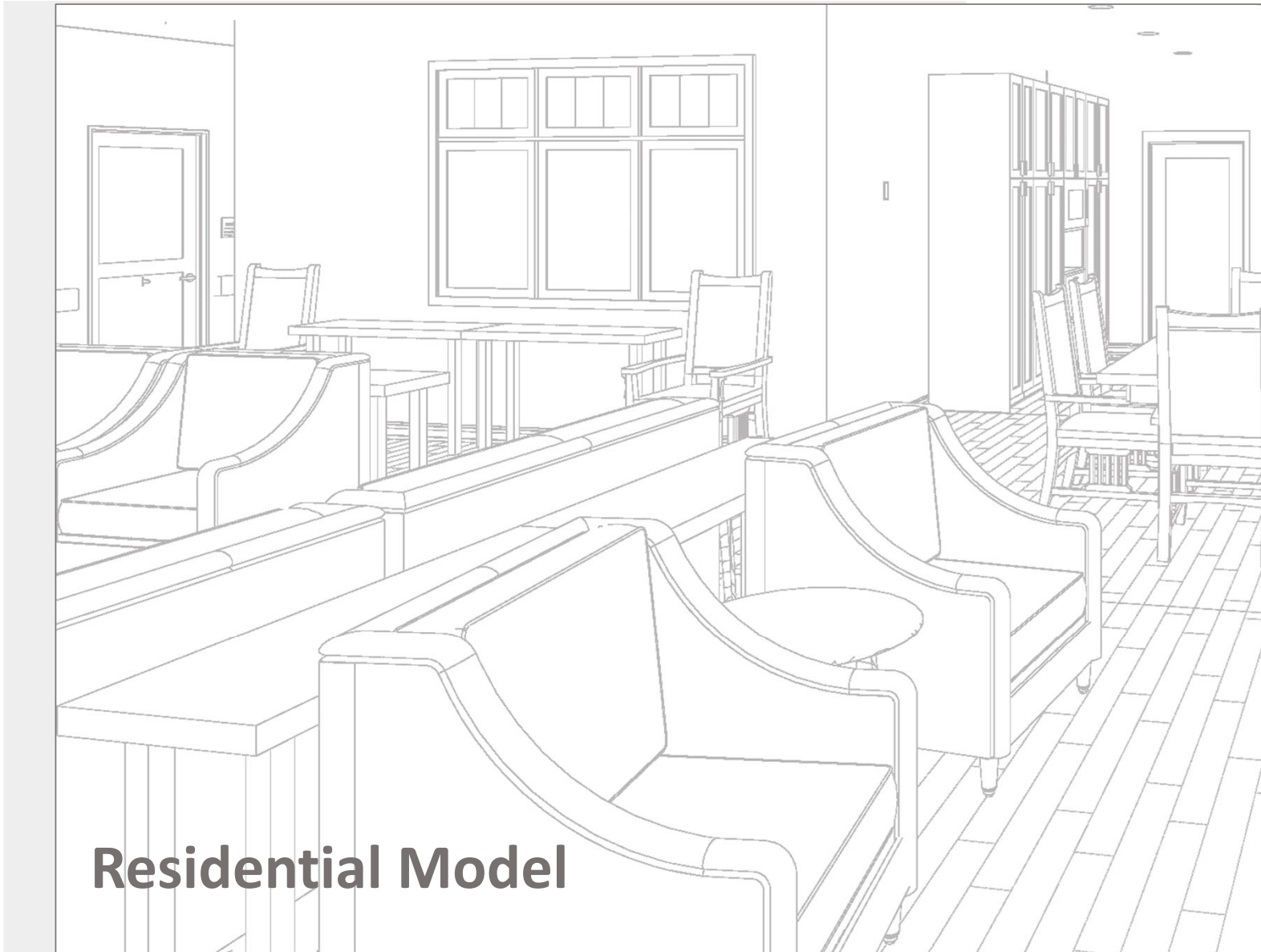
## Learning Objectives

- Understand the growth of the residential assisted living market.
- Examine the intersection of de-institutionalization of traditional assisted living and residential assisted living and their design implications.
- Prepare for potential design standards changes that may occur through the FGI Guidelines process.
- Understand the balance between daily life, safety, and risk for residents, and how design supports that balance.



# **FACILITY GUIDELINES INSTITUTE ASSISTED LIVING TYPOLOGIES**

Residential, Household, Apartment-Style Community

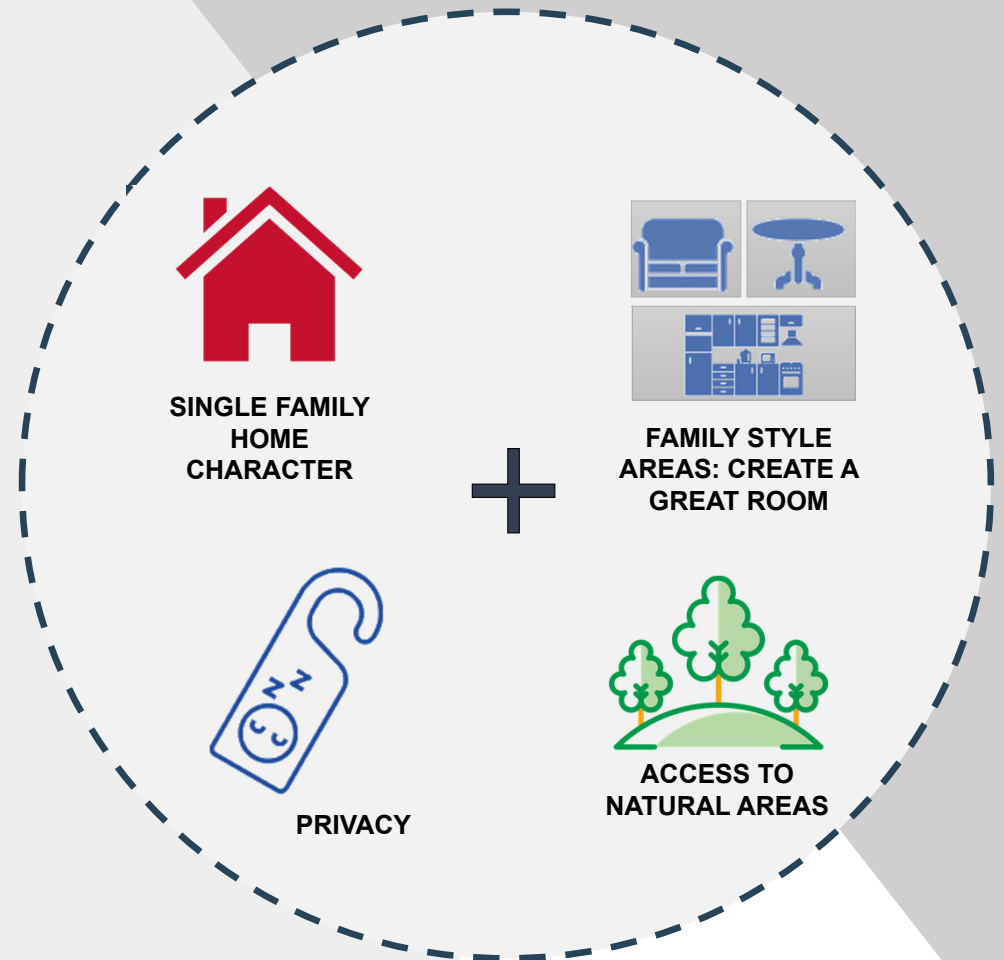


**Residential Model**

# Design Elements

## Residential Model

- Single-family home character.
- Dining and living spaces that may be combined with an open residential kitchen to create a “great room”.
- A variety of private and shared bedroom and bathroom spaces to support residents’ personal choice.
- Direct staff visual and physical access to the outdoors.





## Residential model has many names

- Residential Assisted Living (RAL)
- Assisted Living Residence (ALR)
- Residential Home for the Aged
- Community Residence
- Group Home

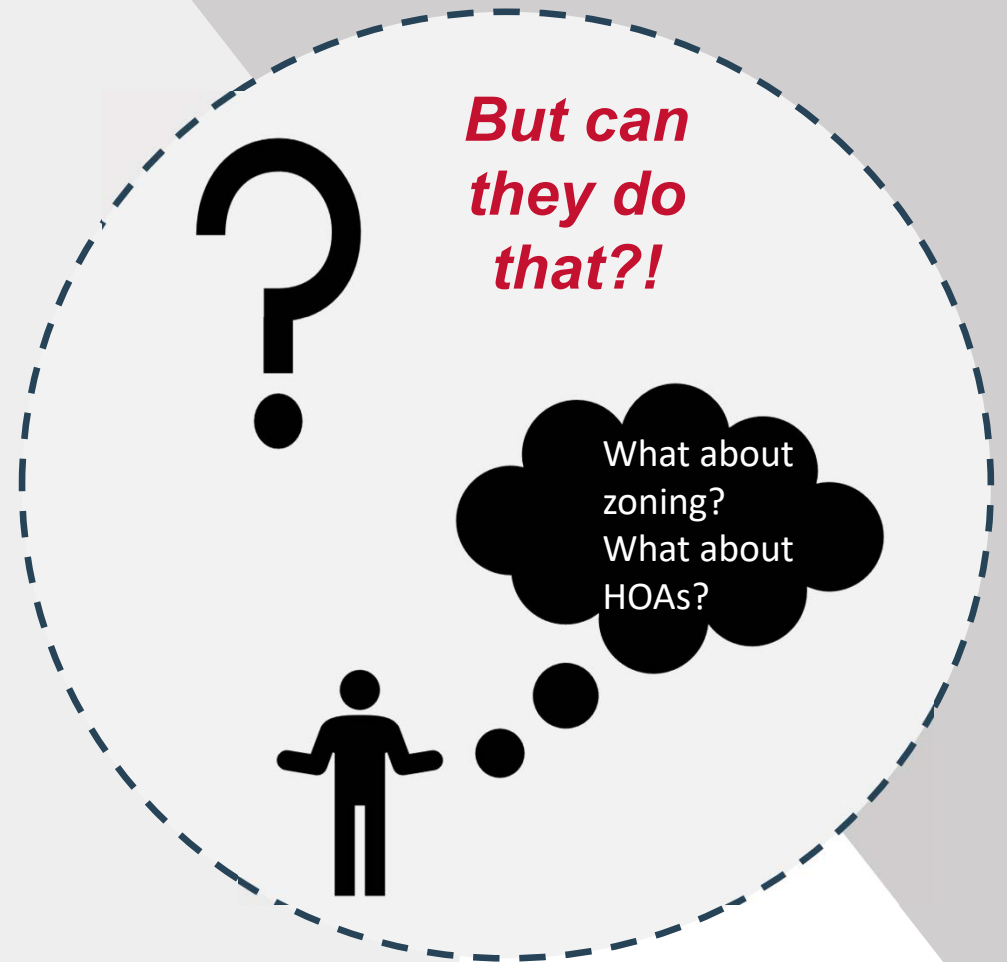
There are > **30,000**  
small facilities in the  
U.S. with 19  
residents or less



# **C** haracteristics

## Residential Model

- Determining factor generally is that they are **single-family homes in residential neighborhoods**
- Sometimes purpose-built
- Usually remodeled
- Lower staffing ratio 1:5
- Non-medical caregivers
- Occasionally other staff: activities person, chef



# Fair Housing Amendments Act, 42 U.S.C. § 3601, et seq

- People who live in assisted living are protected by the FHAA – not because they’re old – but because they’re disabled
- ***“It is the policy of the United States to provide, within constitutional limitations, fair housing throughout the United States.”***
- Originally enacted in 1968 to protect against discrimination based on race, color, religion, or national origin
- Other protected categories were added later, including ***disability*** in attempt to de-institutionalize disability





# Fair Housing Amendments Act, 42 U.S.C. § 3604(f)(1) & (3)(B)

Illegal to “discriminate in the sale or rental, or to **otherwise make unavailable or deny**, a dwelling to any buyer or renter because of a ~~handicap~~ disability of –

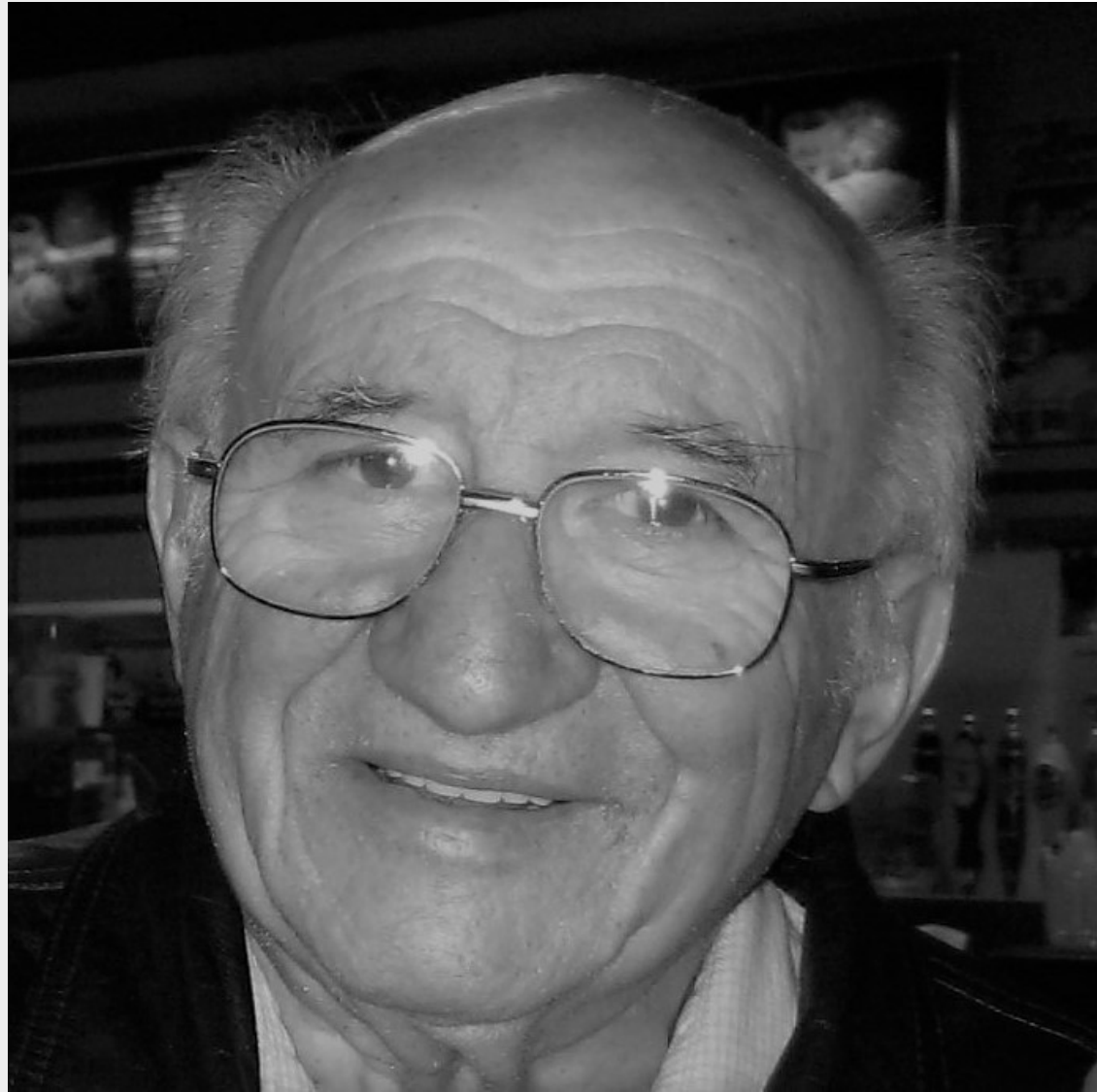
- A. That buyer or renter;
- B. A person residing in or intending to reside in that dwelling after it is sold, rented, or made available; or
- C. Any person associated with that buyer or renter.”

Or to refuse to make “reasonable accommodations in rules, policies, practices, or services, **when such accommodations may be necessary to afford such person equal opportunity to use and enjoy a dwelling.**”



## Our Why: Frank

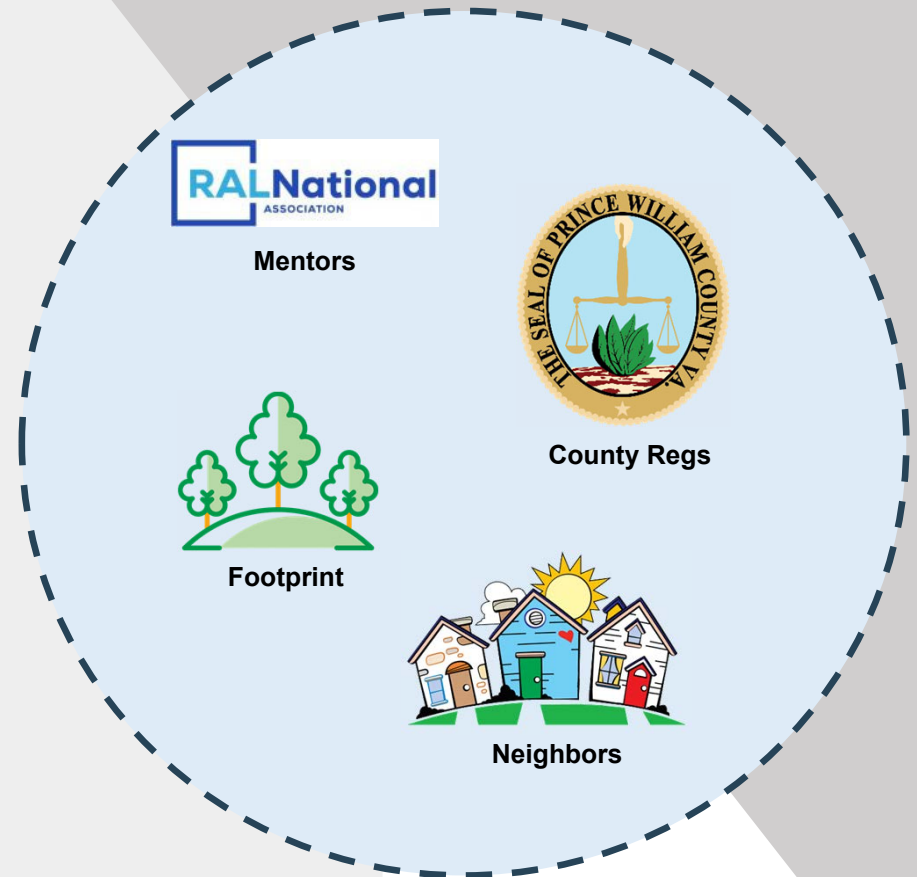
- Evaluated options
- Intimidated by larger facilities
- Residential search
- We can do better!



# Navigating the Hurdles

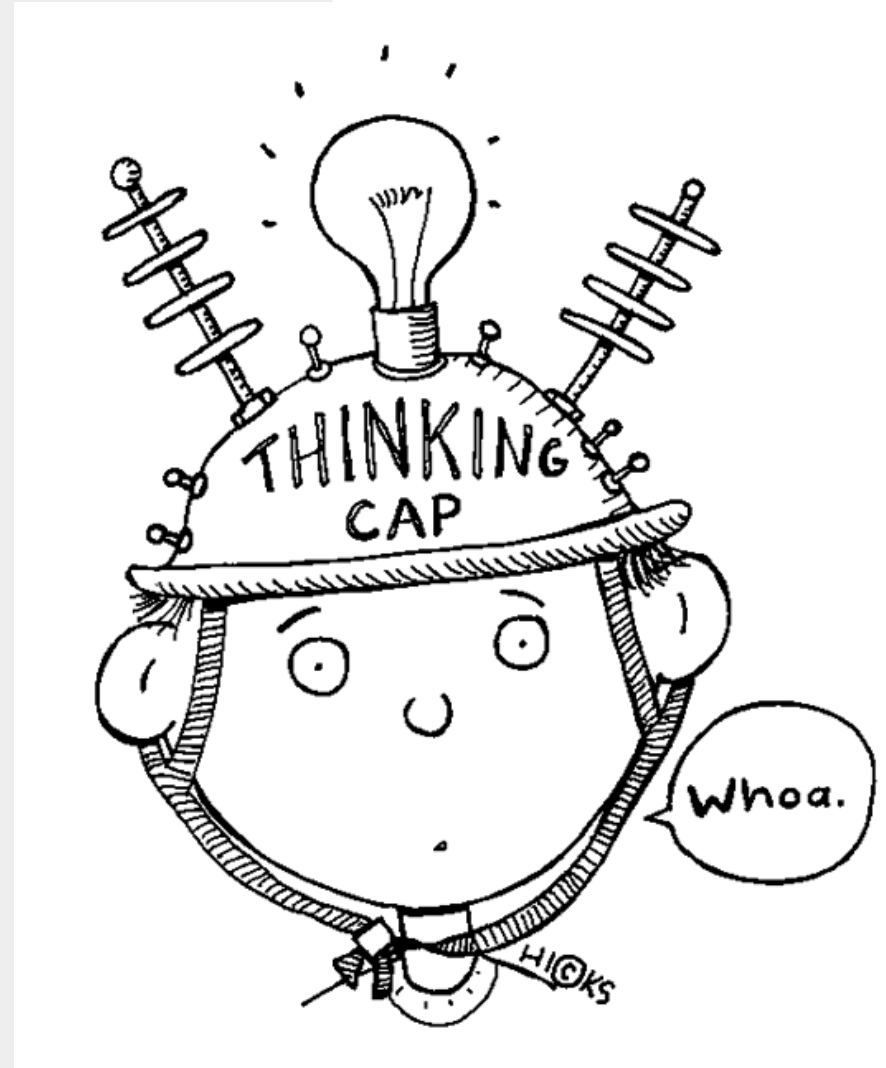
## Residential Model

- Zoning
- Building code
- Fire suppression
- HOA/Covenants
- Education, education, education



## Are You Sure It's Residential?

- Hair & nail salon
- Spa bath
- Caregiver office
- Individualized room thermostat
- Chef
- Memory garden
- Circadian lighting (Walalight)
- Impact resistant flooring (ecore)



Area Legend

- Administrative
- Amenity Space
- BOH
- Circulation
- Living Area
- Private Resident Area
- Storage

# Evermore Senior Living



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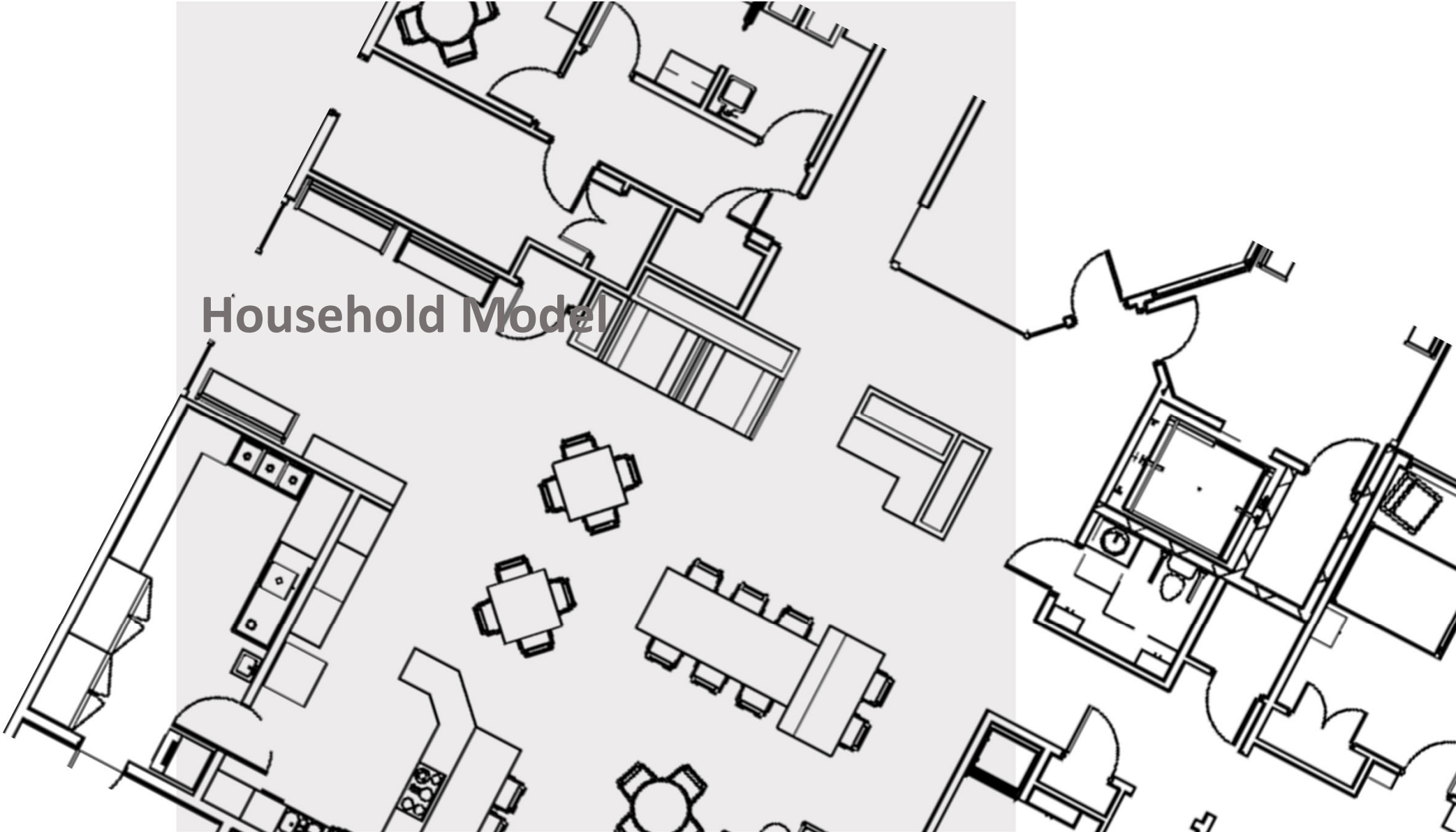
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## Implications for the Future

- Smaller Environments
- Consistent Staff
- A family – not viewed as separate individual reduces isolation, anxiety, and stress
- Improved outcomes
- Opportunity for impacting change!



# Household Model

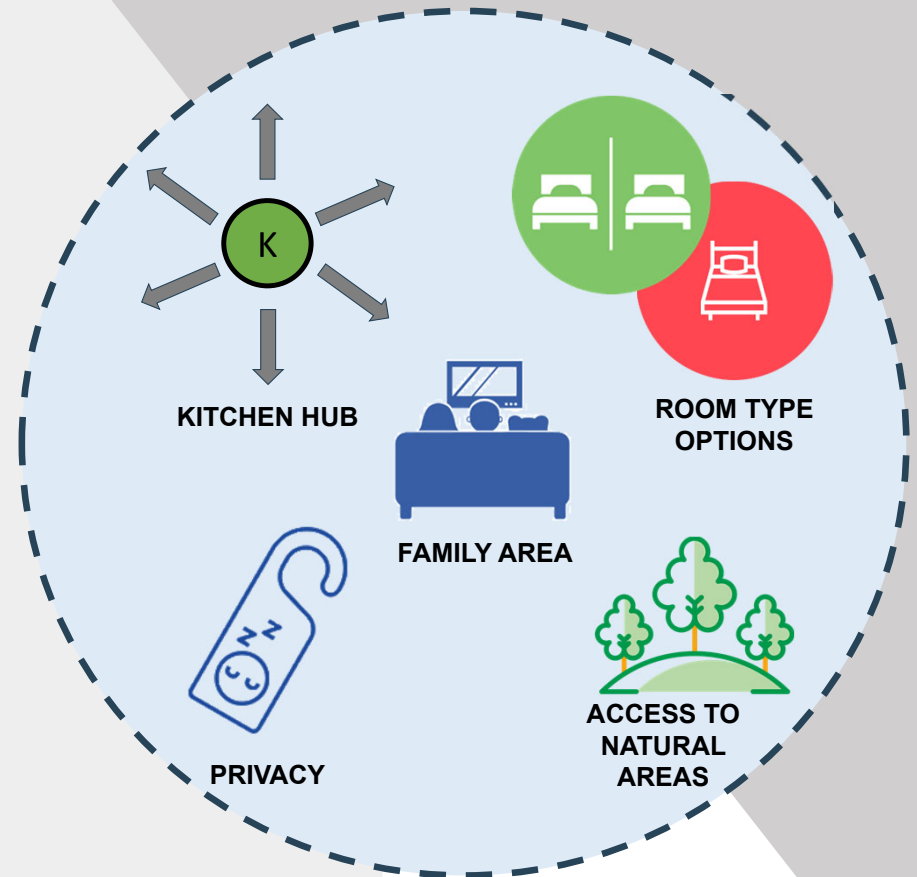




# Design Elements

## Household Model

- Residential functional kitchen as its hub.
- A mixture of private and shared bedroom spaces to accommodate resident choice, with private bathrooms being most prevalent.
- A den or family room provided for multiple uses.
- Resident room bathrooms with a toilet, sink, and a shower.
- Accessible outdoor spaces that serve as an extension of daily routines.





Otterbein Senior Lifestyle Choices

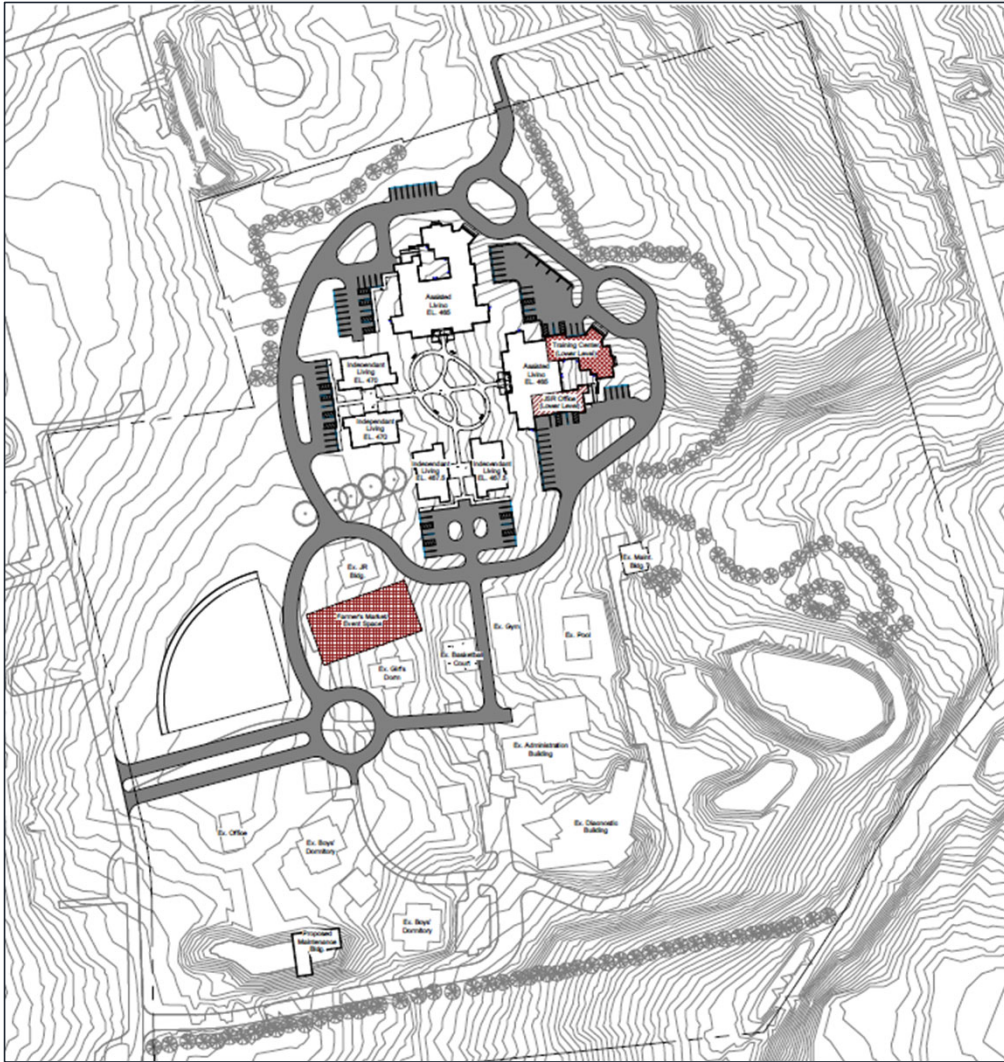
Rabig Consulting



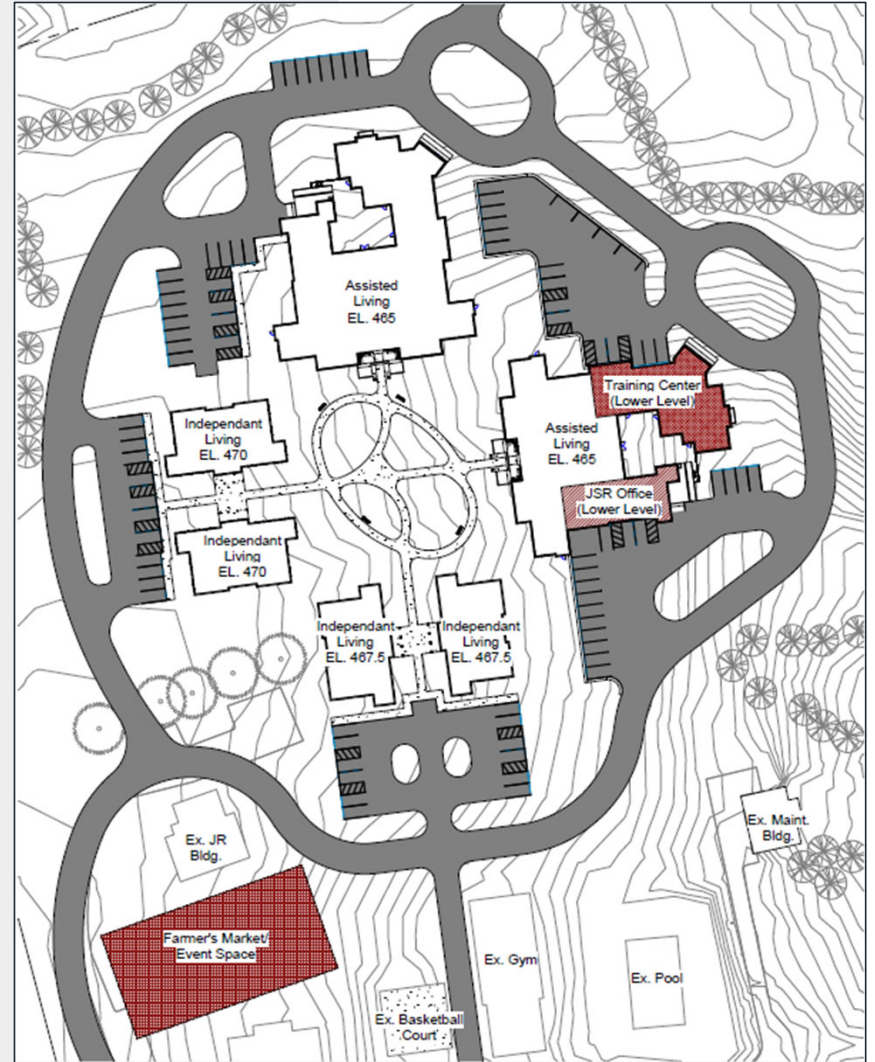
Green House Project - Tupelo, MS Methodist Senior Services: The McCarty Company

## History & Innovation

- Dr. Bill Thomas
- The Eden Alternative®
- The Green House Project®
- Minka – “a house for regular people”
- Multi-generations
- <https://changingaging.org/blog/minka/>
- Example of at-will access to food and beverages

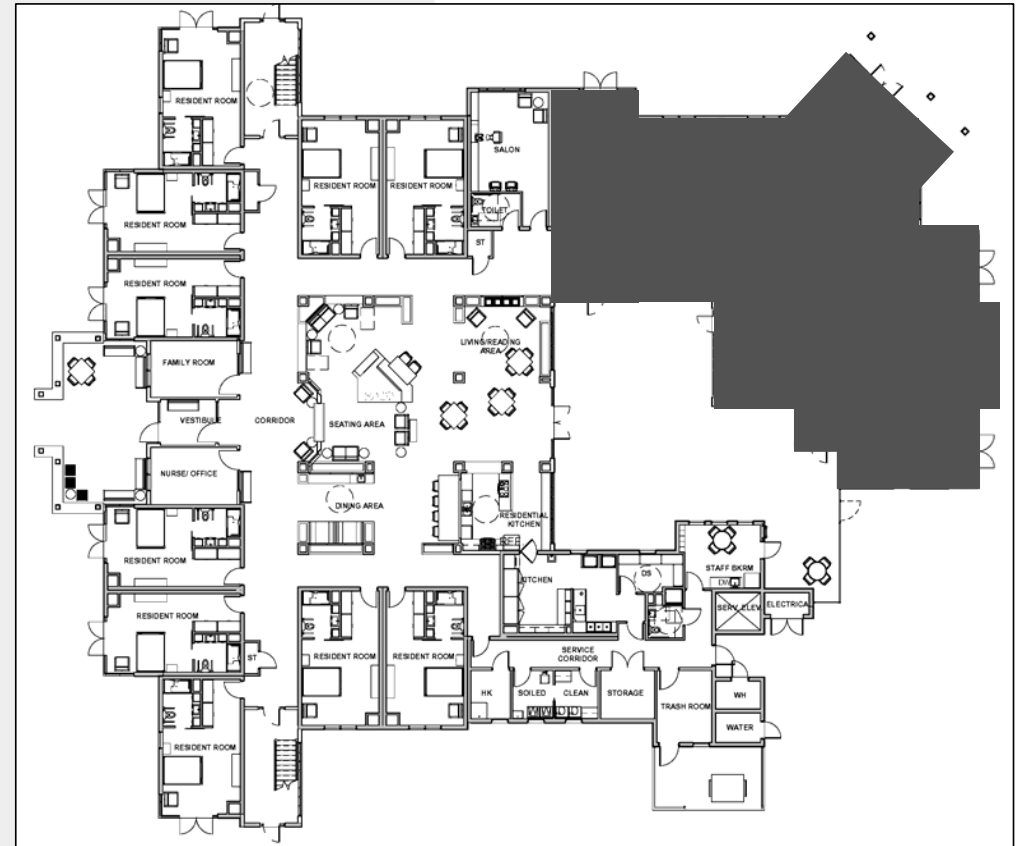
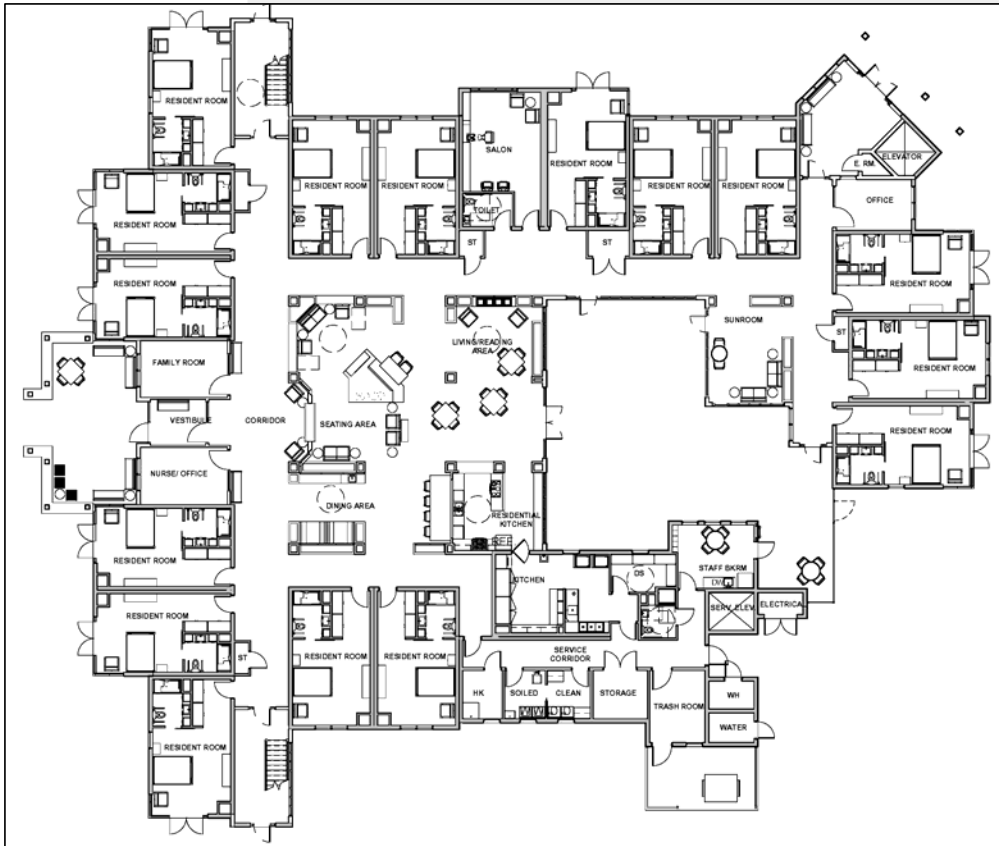


Live Together™ Intergenerational Model: Household: 16 Residents



JSR Associates, Inc.

# Live Together™ Household Community Model



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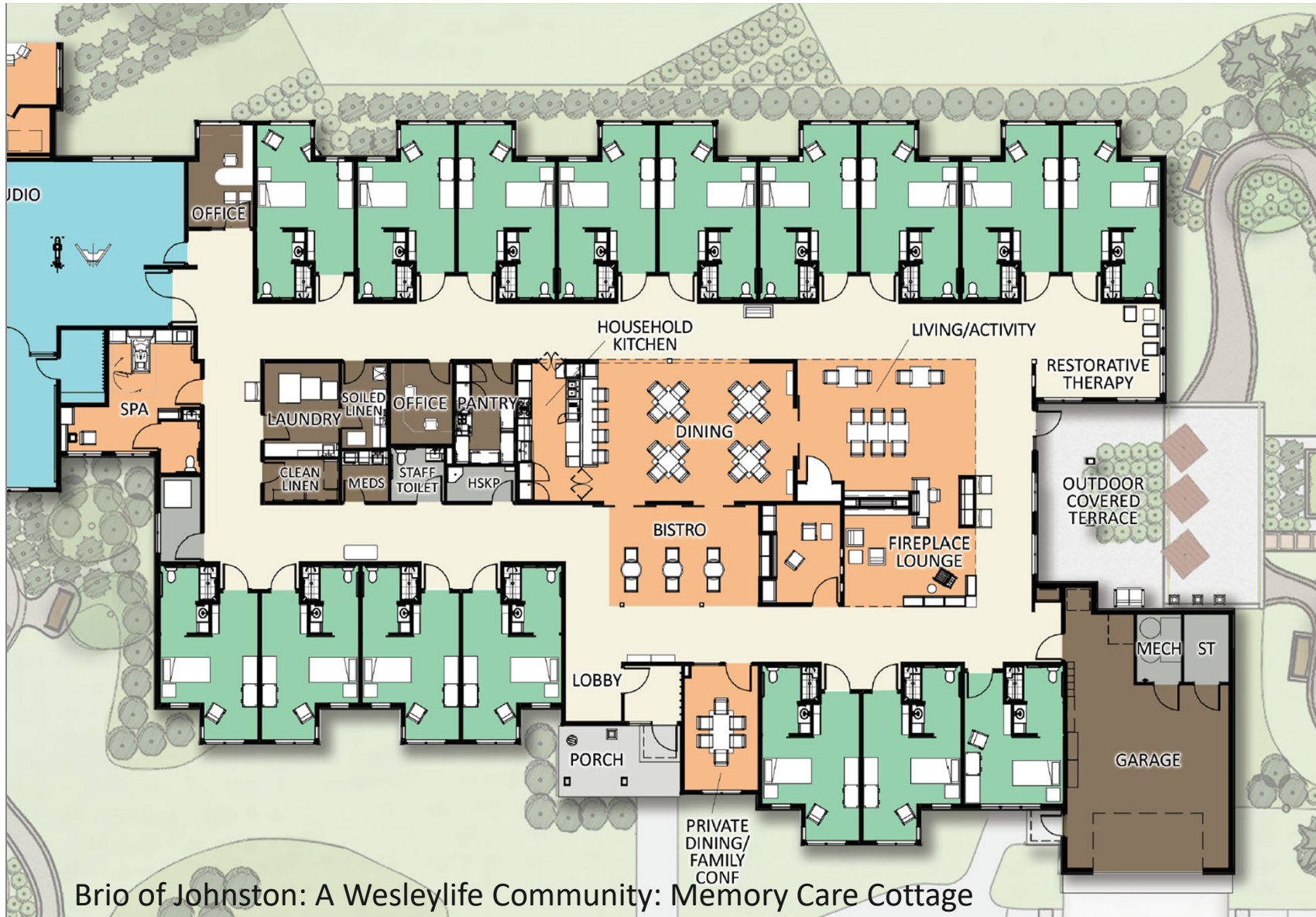
Live Together™ Intergenerational Model: Household: 16 Residents

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Brio of Johnston: A Wesleylife Community: IL, AL, SNF, MC & Rehab

Pope Architects



Brio of Johnston: A Wesleylife Community: Memory Care Cottage

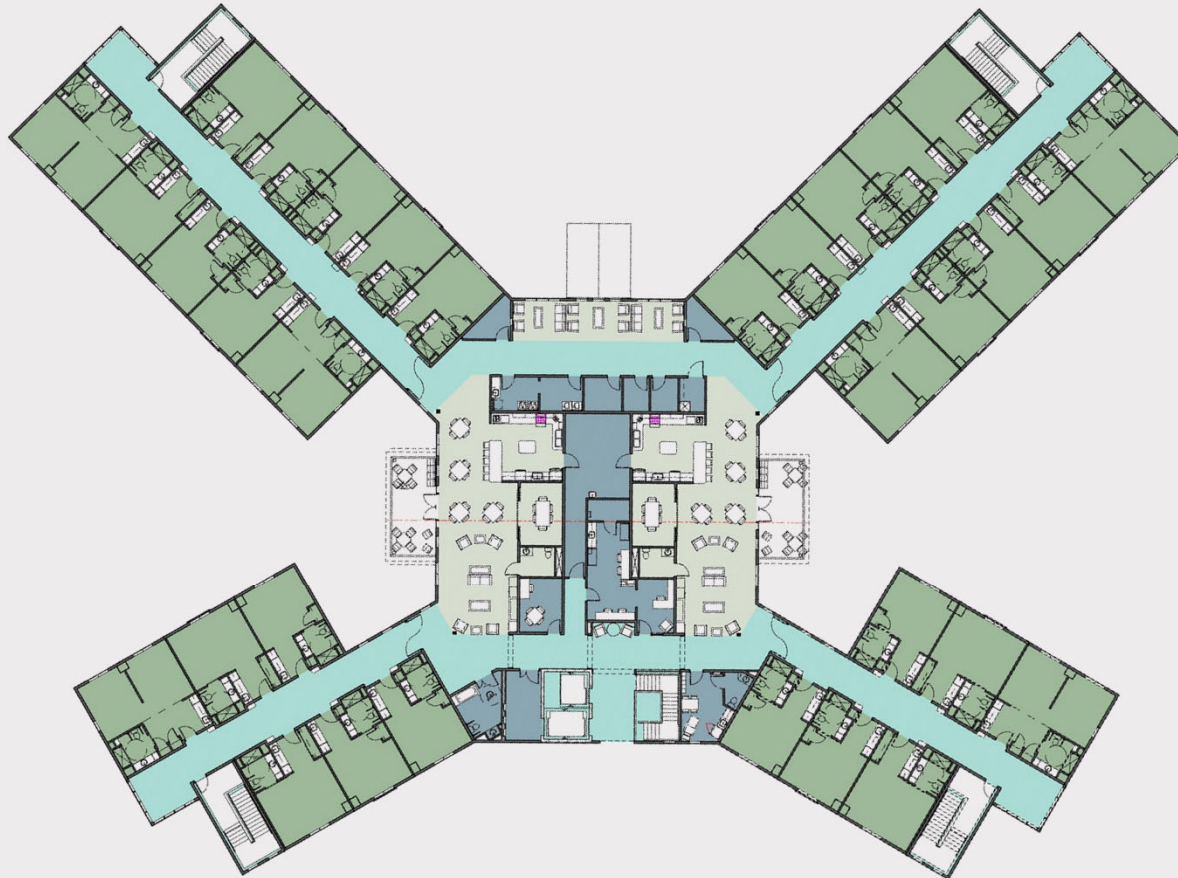
Pope Architects





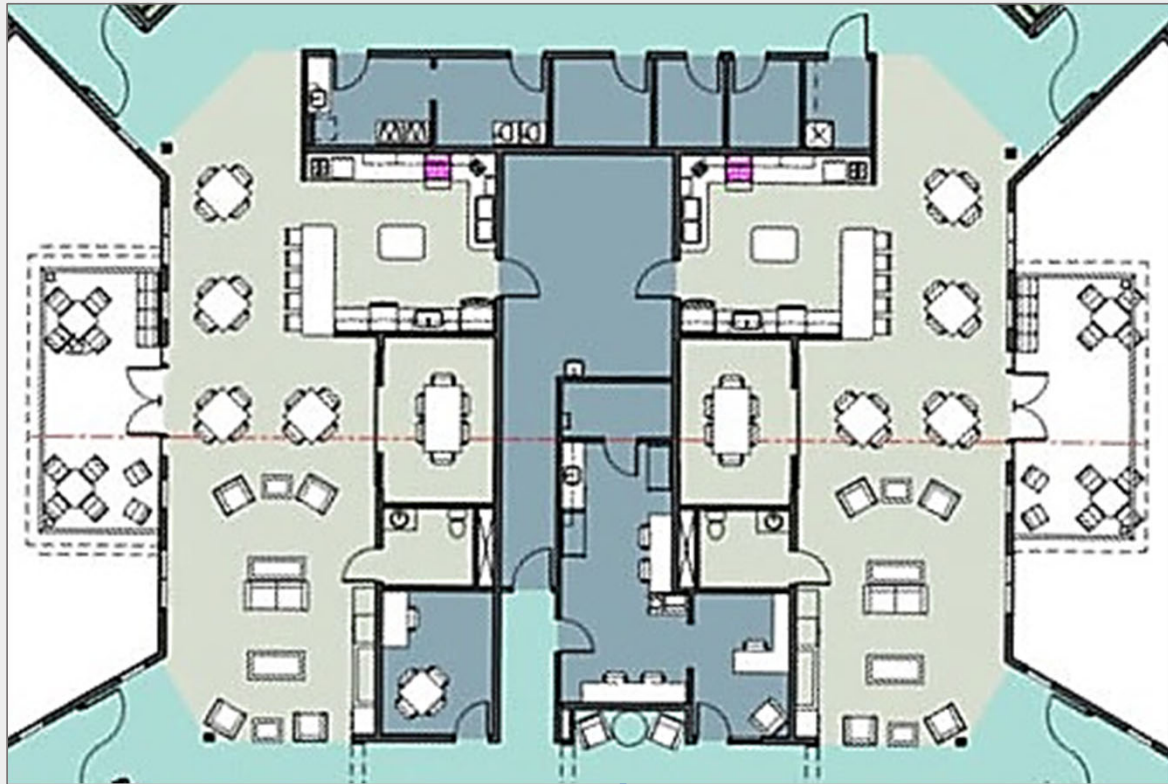
Brio of Johnston: A Wesleylife Community: Memory Care Cottage Pope Architects

# Brothers of Mercy



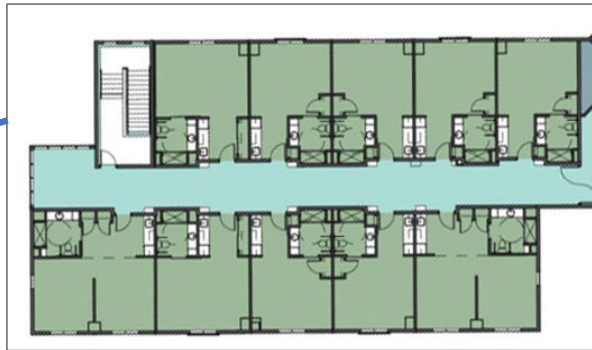
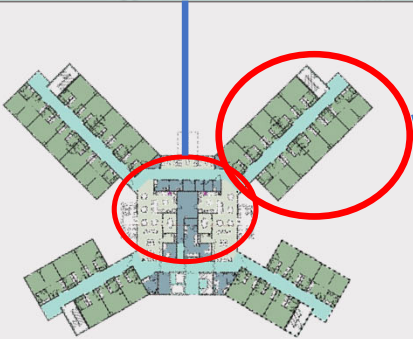
## Area Legend

-  Circulation
-  Resident Access Areas
-  Resident Room
-  Staff Only Areas



**Area Legend**

-  Circulation
-  Resident Access Areas
-  Resident Room
-  Staff Only Areas





## Household Dining Services: Worth the Challenge

- Food sourcing and supply deliveries
- Storage including Emergency Preparedness
- Distribution of raw versus prepared food
- Location of food preparation
- Maintaining food temperatures
- Provision of alternative venues for all residents' choice: MC, AL, IL
- FTEs involved in distribution versus preparation and serving
- Removal and/or storage of trash
- Recycling
- Staff cross training



Hearthstone: A Wesleylife Community: The Cottages: Pope Architects



Brio of Johnston: A Wesleylife Community: Long/Short Term Cottage



Pope Architects



Brio of Johnston: A Wesleylife Community: Long/Short Term Cottage



Pope Architects



## Kitchen Hub: Where Conversation Begins



Garden Spot Village: Households

## Implications for the Future

- Smaller Environments – separate or combined in larger community
- Consistent Staff
- Re-evaluation of Care Models
- Measuring Positive Outcomes
- Quality Care
- Health and Safety
- Time for change is now!





**Apartment-Style Community Model**

# Design Elements

## Apartment-Style Community Model

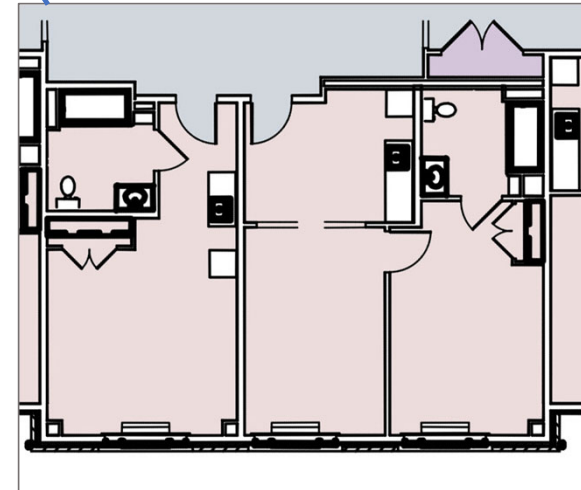
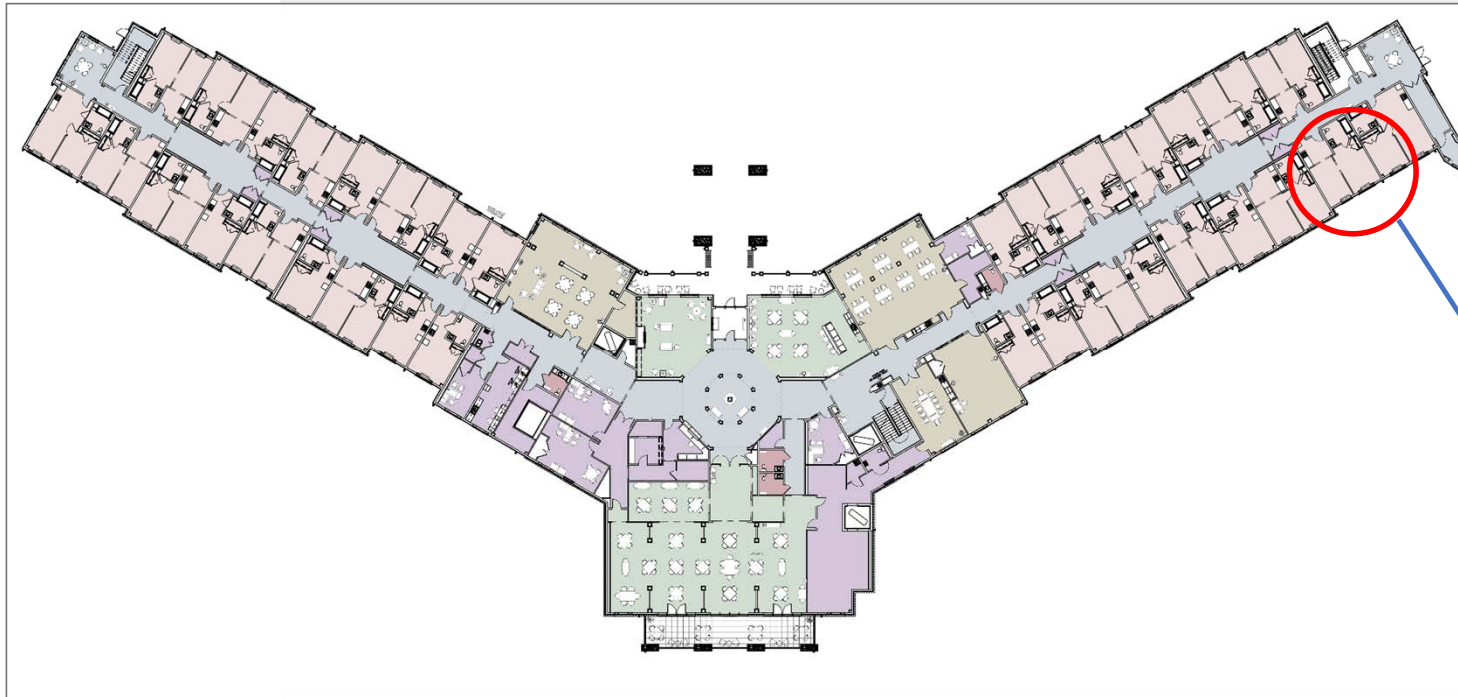
- A “hospitality” model with centralized services and amenities.
- One-, two-, or three-bedroom apartments w/ kitchenettes.
- A centralized commercial kitchen with communal dining and multiple venues – or combination of households with community spaces.
- Direct visual and physical access to outdoor spaces – balcony, patios, etc.



# Typical AL Apartment-Style Community

## Area Legend

- Resident Apartments
- Resident Activity Areas
- Resident Amenity Areas
- Staff Areas
- Circulation
- Resident Access Areas









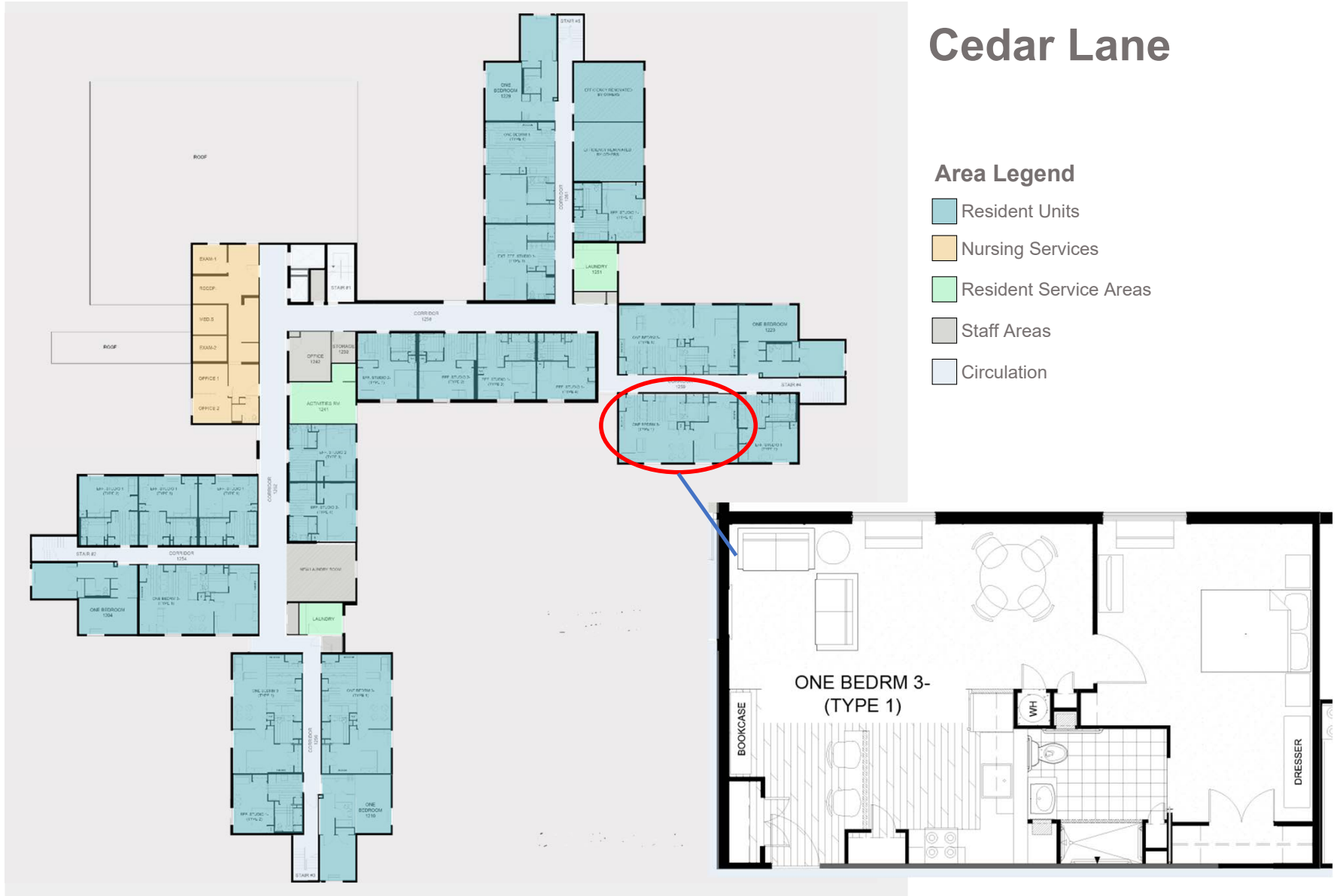




# Cedar Lane

## Area Legend

- Resident Units
- Nursing Services
- Resident Service Areas
- Staff Areas
- Circulation





Cedar Lane – Leonardtown, MD

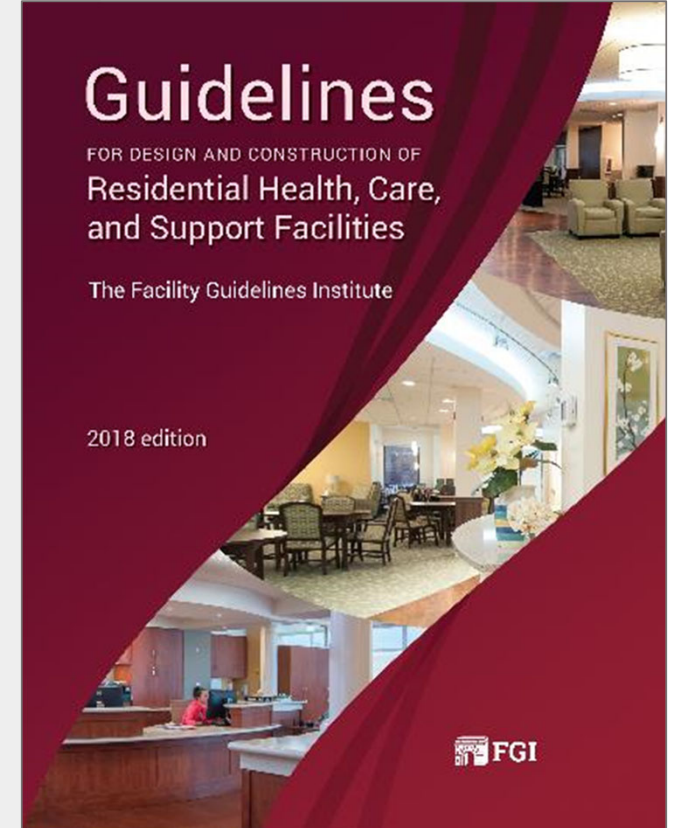
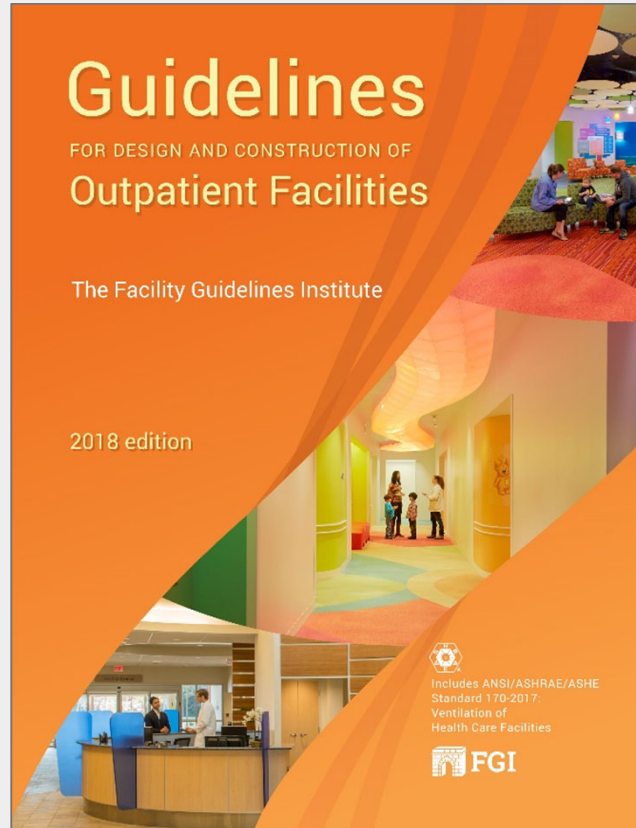
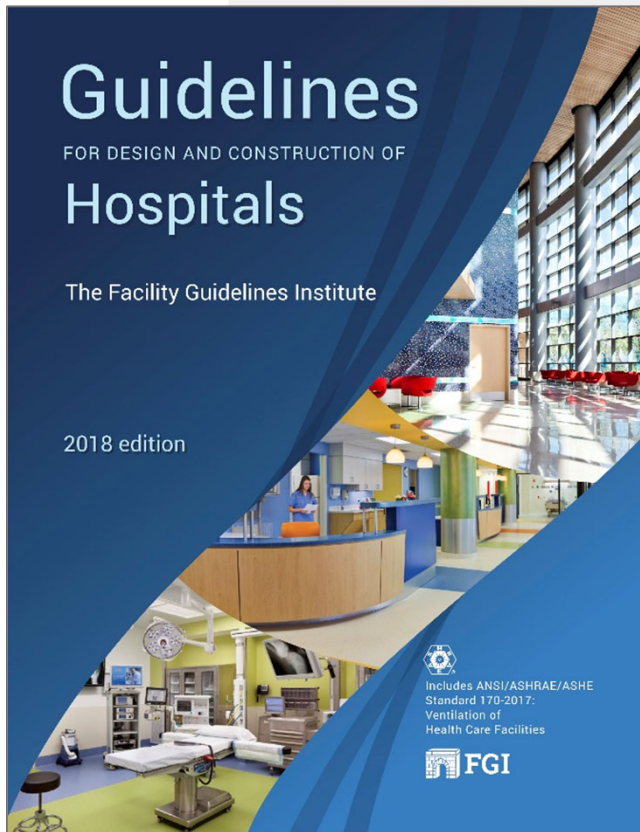
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## Implications for the Future

- Re-evaluation of Care Models
- Evaluation of Resident Acuity
- Develop Smaller Environments within Larger Existing Settings
- Consistent staff
- Adult Child Awareness – Care, Services, Quality, and Cost



# The Opportunity is Now! Facility Guidelines Institute 2022 Revisions! Public Comment Period: July – September 2020!



[www.fgiguilines.org](http://www.fgiguilines.org)



# Questions & Answers

## Contact Information

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# Thank you!

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