

Physical Design and Culture Change: More Than a First Impression



What is **Culture Change**??

- Culture Change is the transition from a nursing-focused Senior Care model to a person-centered model
- Empowerment is KEY, both for the resident and the staff – the model offers more control and autonomy
- A transformation from the institutional medical model to a supportive home environment



Culture Change can occur in homes that serve residents of all income levels and applies to much more than just the physical environment. However, the physical appearance of the senior living community is the most visible aspect of culture change to the casual observer.



- Enhancements to the Physical Environment and the implementation of Culture Change benefit the residents first and foremost, but an attractive community will also contribute to the bottom line.
- The physical design of a community is the first impression of a potential resident and/or their family, so it becomes an important Marketing tool.



- In terms of physical design, it is the Architect's job to help "create an environment in which staff can provide a fulfilling and healthful living experience for residents"
- "Eden Alternative" author, Dr. Thomas, named the three plagues of nursing homes: **loneliness, helplessness, and boredom**. Ideally, these should be replaced with **community, capability and excitement**.

How can we improve the physical environment in our communities?



Physical Characteristics of Aging

1. Loss of Balance
2. Cognitive Impairment
3. Loss of Strength
4. Visual Impairment
5. Hearing Impairment
6. Increased Sensitivity to Cold, Drafts & Direct Sunlight

We design with these factors in mind.



Interior Finishes – New or Remodel

Flooring – Factors to Consider

- Choose flooring that isn't slippery and doesn't have a high-gloss finish
- Consider the mobility of residents – flooring shouldn't hinder independence of those in wheelchairs or using walkers
- Choose flooring materials that do NOT have high contrast and with colors close in value. Adjacent materials of contrasting colors/tones may be perceived as a "hole."




Interior Finishes – New or Remodel

Flooring – Factors to Consider

- If carpeting is selected, choose a product that can hold up to incontinence (if this is an issue)
- Transitions between flooring materials should be flush wherever possible to allow for independent mobility of residents
- Be sensitive to acoustical needs of the space. Certain flooring types can help to decrease background noise.
- Choose flooring that contrasts with adjacent walls – enhances visual perception and can help with residents' balance



Interior Finishes – New or Remodel

Flooring – Factors to Consider



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Lighting – Factors to Consider

- Install evenly distributed, non-glare lighting w/appropriate foot-candle levels
- Seniors typically need higher lighting levels than other use groups. Consider LEDs to help mitigate the costs of providing the level of lighting needed
- Limit the use of mirrors on walls, which can cause glare

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Lighting – Factors to Consider



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Wayfinding – Factors to Consider

- Wayfinding consists of three key components: knowing where you are, how to get somewhere (a “mental map”) and recognizing when you have arrived
- Circulation should be fairly simple
- Flooring types and colors can be used to help with wayfinding
- Landmarks and recognizable can be especially helpful – this can be artwork, a destination (like an aviary), anything distinctive
- Memory boxes can be extremely effective wayfinding devices for certain senior populations

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Unit Design

Goal: Optimize Privacy & Dignity

Traditional "Semi-Private" Room



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Unit Design

Goal: Optimize Privacy & Dignity

Better Semi-Private Room Plans

Skilled Nursing Shared Room Unit C 400 sq. ft.

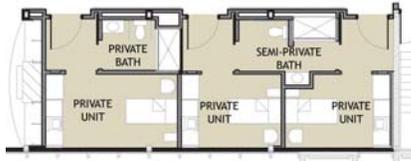


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Unit Design

Goal: Optimize Privacy & Dignity

Private Room Plans w/Semi-Private Bath



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Unit Design

Goal: Optimize Privacy & Dignity

Private Room Plans w/Private Baths



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Unit Design

Goal: Optimize Privacy & Dignity

Private Baths – Helpful Features



Upgrades to Spa Bathing



The Household Design Model

The Green House Movement

- Movement began in 2003 and brought attention to the importance of creating homelike settings; most widely publicized form
- Project based "on a philosophy seeking to reverse 'enforced dependency' of life in a traditional nursing home by creating small, intentional communities of 7-10 elders to foster late-life development and growth"
- As of February, 2015, there are 174 open Green House homes on 40 campuses in 27 states with another 186 in development



The Household Design Model

The Green House Movement



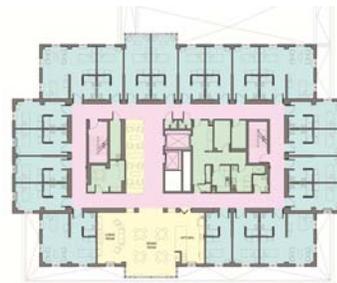
The Household Design Model

Elements and Spaces

- Small Neighborhood Size – no more than 15 residents. Ideally 12 or less per "household"
- Private Units with Private Bath & Shower
- Great room space – includes living, dining room and residential kitchen
- Direct access to the outdoors

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The Household Design Model



St. Louis Alzheim
St. Louis, MO

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The Household Design Model



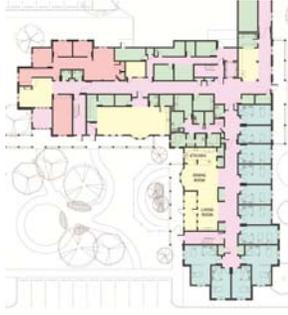
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The Household Design Model



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The Household Design Model



Meridian Village
Glen Carbon, IL



The Household Design Model



The Household Design Model



The Household Design Model



Memory Care

- **Memory Care Units** - offer specialized treatment for seniors with dementia
- According to the Alzheimer's Association, there are 5.4 million Americans currently living with Alzheimer's, and that statistic is expected to more than double in the next forty years.
- Senior Housing News reports that "Development for memory care is far outpacing that of other senior living sectors, but oversupply isn't a concern considering the concentration of projects of a few hot markets and staggering upcoming demand."



Memory Care

- **Memory Care Units** – A well-functioning Memory Care unit reports many positive outcomes, including the following: reduction in medications and related side effects, increased nutrition, increased independence and social interaction, increased happiness as residents are functioning at a higher level, improved or maintained mental functioning in 50-75% of residents over a six month period.



Memory Care

- **Memory Care Units** – Often include the following design features
- 1. A secure environment to reduce elopement
- 2. A low staff-to-resident ratio
- 3. Sensory based programming
- 4. Design features to facilitate easy navigation and reduce anxiety



Memory Care

- The goal of a Memory Care Household is to "create familiar settings for familiar experiences"
- Research shows that personal relationships are best supported by households of 10-14 residents
- Residents should ideally have direct access to the outdoors and unrestricted access as appropriate. A looped continuous path that connects the entrance/exit is good for wandering
- Entrances to the household should be screened from view – frequent comings and goings of unfamiliar people can cause agitation in residents

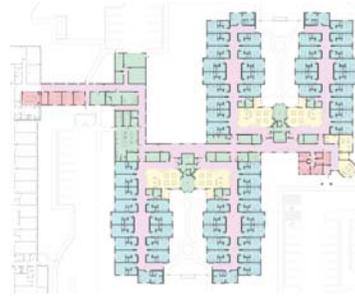


Memory Care



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Provide Memory Care and Short-Term Rehabilitation Services



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Short-Term Rehabilitation

- **Short-Term Rehabilitation Units** – offer skilled nursing care augmented with therapy for residents recovering from an injury, surgery, or medical incident

- "If a CCRC SNF doesn't maintain an active short stay Medicare practice of at least 25-30 on-going short stay beds, it runs the risk of becoming irrelevant to the health care system." Cain Brothers Industry Insights, 4/23/12

- A short-term rehab unit is an important marketing tool for a community. If a resident has a good experience, they will recommend it to friends and family once they're home.

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Short-Term Rehabilitation

- **Short-Term Rehabilitation Units** – Residents in short-term rehab units don't like to mix with long term SNF residents. Therefore, separate short-term rehab household with a designated therapy area is ideal

- Short-term residents also prefer private units with a private bath and shower

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Short-Term Rehabilitation



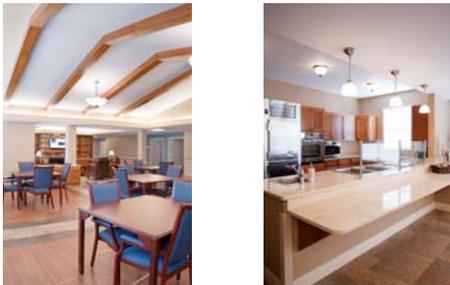
Good Samaritan Care Center
- Cole Camp, MO



Short-Term Rehabilitation



Short-Term Rehabilitation



Short-Term Rehabilitation



Short-Term Rehabilitation



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Short-Term Rehabilitation



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Provide Memory Care and Short-Term Rehabilitation Services



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Let's continue our conversation

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