

People with chronic medical conditions require services, equipment and support systems to sustain their lives. Put the people first. Don't let them get lost in the complexity of machinery and care. The challenge in the Medically Assisted House is to provide high quality health care in a satisfying home environment.

The home must be located close to the kind of medical and other support services and suppliers required.

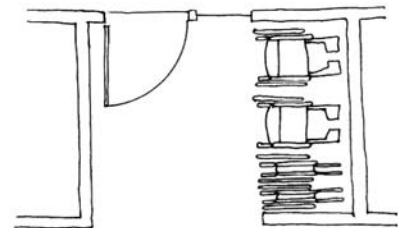
- Trauma centers and emergency services must be nearby (15 minute travel time).
- Vendors for the supply, repair and maintenance of medical equipment must be available, dependable and affordable.
- A pool of skilled help must be available to provide the assistance needed by the residents.

The home must be large enough to accommodate the safe use and storage of needed equipment.

- Each person may have two wheelchairs, a recliner, a hospital bed, feeding poles and pumps, portable oxygen systems and over-bed tables.
- The house may need gurneys, shower chairs, a therapeutic tub, portable oxygen and suction equipment, lifts, back-up generators, clini-sink, crash cart, carts, hampers and bins, and a BIPAP/CPAP machine.
- Adequate storage areas need to be created to minimize unnecessary impact of equipment.
- Hallways and door space must be extra wide (42" minimum) and kept open to permit turning, lifting, and maneuvering safely.
- Create an open layout that allows safe use of the equipment.

The home must provide sufficient handling and storage space for medicines, large quantities of supplies, and significant amounts of laundry and waste which are generated daily.

- A location should be provided for the safe storage, preparation and disposal of food supplements, and for the storage of bulk items such as medical supplies, paper products, and diapers.
- Each person generates approximately 80 gallons of solid waste per week. This requires a large storage space for trash cans.
- Laundry requirements for even a few individuals with chronic medical conditions or incontinence approaches commercial proportions. Clini-sinks, multiple heavy duty front load washers and dryers, and generous work space is necessary.
- A large water supply, waste lines, and gas hot water heater are needed.



Storage Alcoves: Equipment and supplies should be accounted for in the design and not allowed to clutter the home. In this case a wider than usual passage provides a place for wheelchairs and equipment. This successful design pattern could be combined with a thickened wall to serve more storage needs inside and outside a resident's bedroom. Care should be taken that the width of the doorway is adequate for resident needs.

Safeguarding the health and well-being of staff is vital to maintaining caring relationships.

- Provide clearances around beds for care giving activities.
- Make assistive equipment readily available to promote safe lifting and transfer.
- Provide good lighting with the ability to control intensity depending on the activity.
- Provide a place to prepare medicines and keep records with good storage, counter space, lighting, and a writing surface.
- Plan for safe disposal of sharp objects and bio-hazards.

Individuals with limited mobility often have difficulty controlling their body temperatures.

- The home must have a good quality HVAC System (heating ventilation and air conditioning.)
- The use of rigid ducting along with good equipment will permit balancing the temperature and maintaining comfort throughout the house.
- Fitting the units with HEPA filters can reduce air borne pollutants in the house thereby improving air quality and controlling odors.
- By heating the floors in the bathrooms the room dries quickly reducing slippery surfaces, mold growth, and preventing chills.

People who require major assistance tend to spend long hours in their home.

- Ways should be created to connect the residents to the outside world such as screened porches and accessible outdoor patios.
- Provide public and private spaces that encourage visiting inside and outside the house.
- Make the home feel welcoming and residential in its appearance.
- Decorations and furnishings of the home should be tasteful and comfortable and reflect the interests of those who reside there.
- The home fits into its surroundings and satisfies the people who live there.

The home design invites participation in all the domestic and social activities of the house.

- The home is barrier-free.
- The kitchen is open and large enough to include the resident in its activities even if only as an observer.
- The house is equipped for computer installation and future use by residents, recognizing the possibilities of new skills and technologies.

OVERVIEW

This is a single family home, a large ground floor apartment or condominium that provides an intimate, private, and comfortable setting with extra room, infrastructure, and the technical capacity to support people who need major assistance in their daily lives. Generally 4-5 people will live here. Individuals are probably non-ambulatory, may be non-verbal, and will require extensive assistance to transfer, eat, dress, and bathe. Some people may need oxygen, suction, or peri-care. The systems, equipment, and infrastructure needed to provide care are well-organized and accounted for, but do not define the character of the home. The challenge in this home is to provide an environment capable of supporting the delivery of high quality health care 24/7 and still be a home for the individual.

It is especially important for this housing option to anticipate and meet licensing criteria.

SITE SELECTION

see Site Selection Criteria, page 1.15

- An emergency vehicle can get to the front door
- Near a teaching hospital, with expertise in the care of persons who are disabled with enduring medical conditions

SITE PRIORITIES

- Transportation (visitors and assistants)
- Parking
- Pedestrian friendliness
- Social opportunities
- Public services/Infrastructure (emergency services)
- Personal health (essential health care services)

SPECIAL CONDITIONS

see Medically Assisted Building Program, page 7.1

- meets general standards for housing.
- Special conditions are to be determined through person-centered planning.
- Barrier-free for a gurney.
- Bedrooms big enough for medical equipment and care-giving that often involves lifting, changing and positioning.
- Bathrooms big enough for a therapeutic tub and space for lift equipment.
- Extra space for equipment, systems, supplies, record-keeping, and therapeutic support.
- Laundry requirements approach commercial proportions.
- Waste management capacity. (Approximately 80 gallons of waste per person per week, some biohazards.)
- High quality heating, air conditioning, and ventilation that ensures a comfortable, safe, and odor-free air quality.

ROOM SCHEDULE

Medically Assisted Shared Dwelling		Three Residents	Four Residents	Five Residents
Entry		35	45	45
Living Room		230	300	300
Sitting Room		80	180	180
Kitchen		150	180	180
Pantry		60	80	80
Dining		140	168	168
Bedrooms	160 eac	480	640	800
Medical Bath		120	120	120
2nd Resident Bath		80	80	80
Guest Bath		35	35	35
Utility/Laundry		120	150	150
Staff Office or Alcoves		110	140	140
Storage Room or Closets		200	250	250
Net Square Feet		1,840	2,368	2,528
Walls & Circulation	25 %	460	592	632
Total Square Feet		2,300	2,960	3,160
Garage		400	400	400

REFERENCES

- The Life Services Alternative, page 7.4
- Courtyard Medical House, page 7.6
- Elliot Homes, page 7.8