

Consumers who are able to be involved in their own care need housing that accommodates their current and future health care needs and anticipates their aging. The home must have the amenities and features to support residents who choose to remain there.

The home must be located close to the kind of services and social opportunities people want and need.

- Locate near appropriate hospitals, medical and emergency services.
- Site near accessible, available and affordable public transportation.
- Chose locations near churches and civic amenities like libraries, parks, museums and pools.

The home must be designed for barrier-free access that accommodates wheelchairs and gurneys.

- Provide wayfinding and other cues to reduce stress and encourage self-help.
- Keep paths simple and straight whenever possible.
- Minimize the number of actions needed to negotiate the home. Doors and hardware should be easily manipulated.
- Keep hallways and door space open to permit turning, lifting, and maneuvering safely.
- Create an open layout that supports good visual connections.

Safeguarding the health and well-being of staff is vital to consumers remaining in their home safely over time.

- Provide clearances around beds for caregiving activities.
- 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.
- Provide labor-saving devices wherever possible.

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

- Specify a good quality HVAC System (heating ventilation and air conditioning.)
- Use of rigid ducting along with good equipment will permit balancing the temperature and maintaining comfort throughout the house.
- Fit the units with HEPA filters to reduce airborne pollutants in the house thereby improving air quality and controlling odors.
- Heat the floors in the bathrooms to reduce slippery surfaces, mold growth, and preventing chills.



Fold out day bed in the living room allows a resident to leave the bedroom and join the activities of the house on days they aren't feeling too well. The day bed can be designed to disappear into a living room wall or cabinet system. This day bed is used as an exercise platform. Because it is convenient and easy to use and requires little effort, staff will encourage residents use it.

Older people with chronic medical conditions tend to spend longer hours in their home.

- Design ways to connect the residents to the outside world, including screened porches and accessible outdoor spaces.
- Provide public and private spaces that encourage visiting inside and outside the house.
- Make the home welcoming and residential in its style and appearance.

The home should be a good place to live, not simply a place to provide care.

- Account for equipment and supplies in the design. Do not allow them to clutter the home.
- Specify tasteful and comfortable decorations and furnishings that reflect the interests of those who reside there.
- Position windows to provide good views for someone sitting or lying down.

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

- Design the home to be barrier-free.
- Ensure the kitchen is open and large enough to include the resident in activities even if only as an observer.
- Specify computer accessibility for the residents, recognizing the possibilities of new skills and improving technologies.

OVERVIEW

The Physically Assisted Shared Dwelling is a single family home, ground floor apartment or condominium that provides an intimate, private and comfortable setting for moderately medically involved persons occasionally requiring technically skilled care. Generally 3 or 4 individuals will live here. Many are seniors and have declining health. They require varying amounts of assistance and need accommodating so they can be involved in their own care. Most people who reside here will use wheelchairs. All have health issues that complicate their care, including arthritis, incontinence, bladder and bowel problems, diabetes, and obesity. Their health will worsen over time but they can remain in their home because its layout and features anticipate the future physical needs of declining health.

The goal here is to provide a viable and desirable alternative to a congregate nursing home. Design the home so that people can live the life they want safely, but maintain their independence and freedom. Look for creative ways to support self-help skills and opportunities to make meaningful choices.

ROOM SCHEDULE

Physically Assisted Shared Dwelling		Three Residents	Four Residents
Entry		35	45
Living Room		230	300
Sitting Room		80	180
Kitchen		120	150
Pantry		20	30
Dining		140	168
Bedrooms	120 each	360	480
Medical Bath		100	100
2nd Resident Bath		80	80
Guest Bath		35	35
Utility/Laundry		120	120
Staff Office or Alcove		110	140
Storage Room or Closets		80	120
Net Square Feet		1,510	1,948
Walls & Circulation	25 %	378	487
Total Square Feet		1,888	2,435
Garage		400	400

SITE SELECTION

see Site Selection Criteria, page 1.15

- Rural location not advised
- Corner lots are desirable

SITE PRIORITIES

- Neighborhood safety (safe sidewalks and intersections)
- Isolation factor
- Transportation (accessible, convenient)
- Pedestrian friendliness (sidewalks with curb cuts, not on a hill)
- Social opportunities (near places that are wheelchair friendly)
- Neighborhood impact (because of the group nature)

SPECIAL CONDITIONS

see Physically Assisted Building Program

- Meets general standards for housing.
- Special conditions are to be determined through person-centered planning.
- Mild climate and interior temperatures free of extremes.
- Extra room to accommodate coming and going.
- Easy for people to visit and stay.
- Barrier-free access that accommodates wheelchairs and gurneys.
- Sufficient room to store and safely use lifting equipment and supplies.
- A bathroom that accommodates assistance and declining abilities.

REFERENCES

- North A Street House, page 6.4
- Seisa House, page 6.6
- Hillside House, page 6.8
- 44th Street House, page 6.10