

Concept

Home

Community

Regulation

Solution

Creating Home in the Nursing Home
A National Symposium on Culture Change and the
Environmental Requirements

Household Models for Nursing Home Environments

Gaius G. Nelson
gaius@ntp.cc

President
Nelson•Tremain Partnership
ARCHITECTURE AND DESIGN FOR AGING

Minneapolis, Minnesota, USA

Quality of Life

To Live in Fullness

Finding Flow

The Psychology of Engagement with Everyday life

Mihaly Csikszentmihalyi

Life is:

- What we do
- How we feel about it
- Who we do it with

We depend upon the company of others

Finding Flow

Being in harmony with what we *Wish • Feel • Think*

Optimal Flow Experiences require:

- Clarity of goals
- Immediate feedback
- Challenge equal to skills

Flow activities often lead to a loss in *Sense of Time*

Improving Quality of Life

Engineering daily life to maximize flow activities

The Quality of Experience in Everyday Activities

Based on daytime activities reported by representative adults and teenagers in recent U.S. studies.

The typical quality of experience in various activities is indicated as follows:
 – negative; — very negative; • average or neutral; + positive; ++ very positive

Productive Activities	Happiness	Motivation	Concentration	Flow
Working at work or studying	–	—	++	+
Maintenance Activities				
Housework	–	–	•	–
Eating	++	++	–	•
Grooming	•	•	•	•
Driving, transportation	•	•	+	+
Leisure Activities				
Media (TV and reading)	•	++	–	–
Hobbies, sports, movies	+	++	+	++
Talking, socializing, sex	++	++	•	+
Idling, resting	•	+	–	—

Improving Quality of Life

High *Flow* potential activities

Individual Focused

- Working
- Studying
- Hobbies
- Sports
- Driving
- Movies

Relationship Focused

- Working
- Hobbies
- Sports
- Talking
- Socializing
- Having Sex

Improving Quality of Life

High *Flow* potential activities

Relationship Focused

- Hobbies
- Sports
- Socializing

Wii + retirement home = Wiiretirement home

by Kyle Orland Feb 21st 2007 3:05PM

34

Filed under: Culture, Nintendo Wii, Sports



Improving Quality of Life

Creating Relationship Enabling Environments

- What is my relationship with *myself*?
- What is my relationship with *culture*?
- What is my relationship with *the natural world*?

Henry David Thoreau - The Walden School

Form Follows Regulation

The Creation of Unintended Consequences

- Locks in existing models
- Creates repetitive and predictable environments
- Eliminates potential innovation
- Based upon regulatory expedience
- Minimum standards become maximum allowances

Form Follows Regulation

The Institutional Nursing Home Model

Requirement:

- Bedrooms must exit through a corridor
- Maximum distance of 120' to the nurse station
- Visual control from a nurse station
- Maximum of 60 beds per nursing unit

Result:

- *Double-loaded corridors lined by bedrooms*
- *120' corridors with dayrooms at the end*
- *Dominant nurse station at corridor intersections*
- *60 beds per nursing unit with large centralized dining & social areas*

Concept

Home

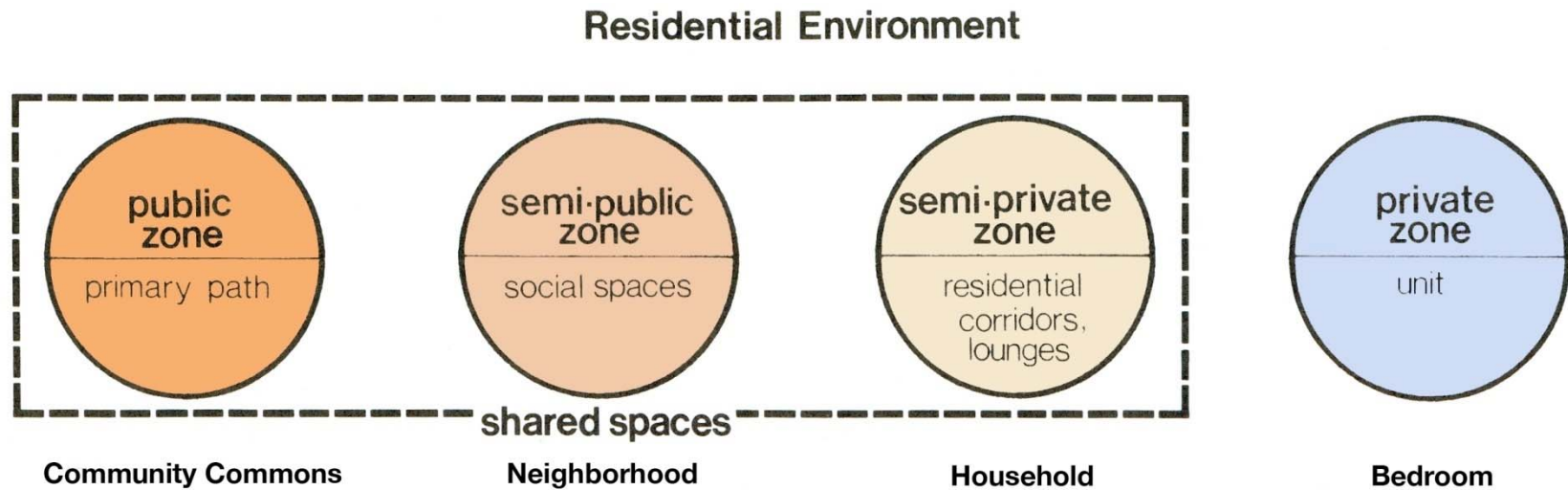
Community

Regulation

Solution

Hierarchy of Spaces

Creating Appropriate Transitions

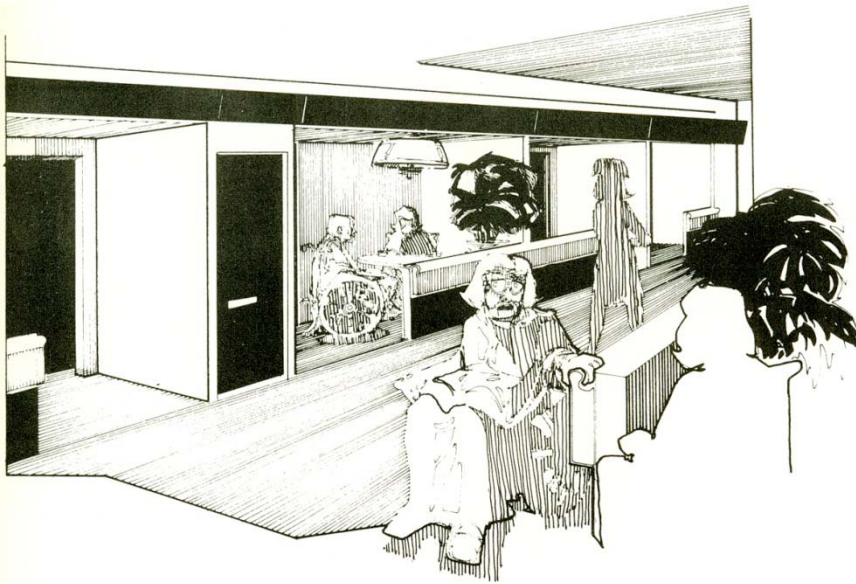


Designing for Aging: Patterns in Use
Sandra Howell, 1980

- Providing a variety in scale and quality of environments

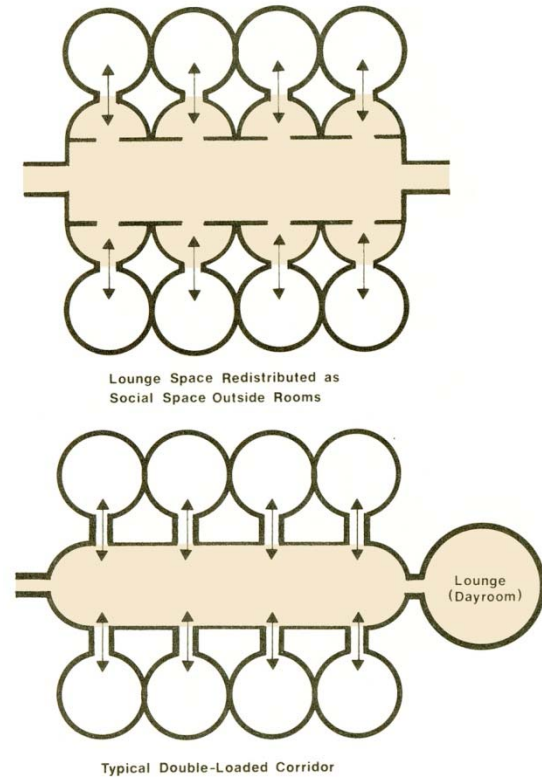
Hierarchy of Spaces

An Early Concept for Nursing Homes



- A redistribution of Activity Spaces
- Activating the Corridor
- Improved hierarchy of transitions

Part IV: Design



Concept

Home

Community

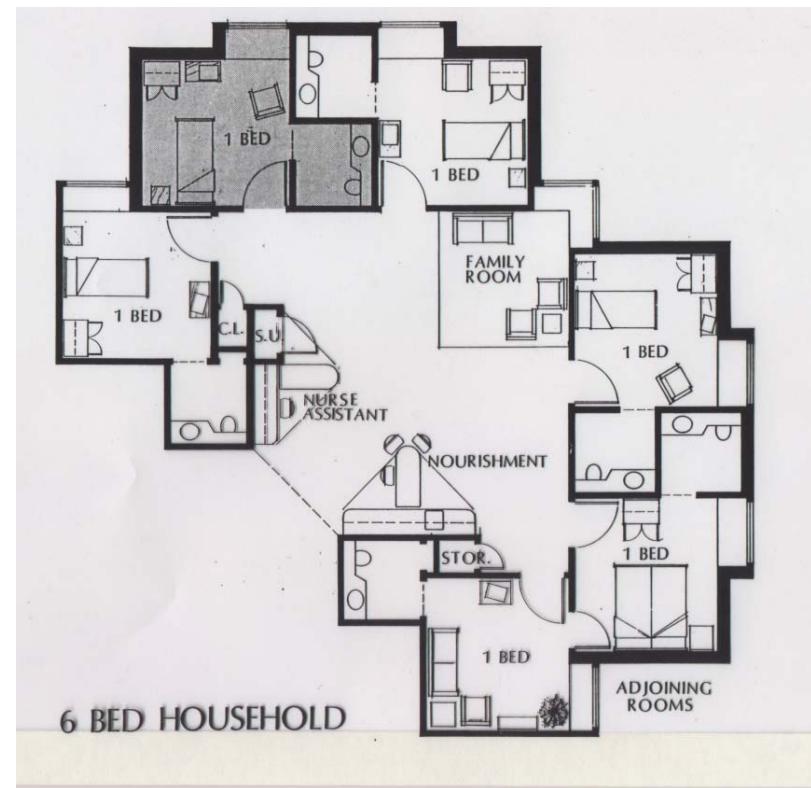
Regulation

Solution

Hierarchy of Spaces

The *Household* is Born

- Small scale environment
- Discrete clusters
- Decentralized social and staff areas



Gaius Nelson @ KKE 1987

Creating Home in the Nursing Home

By Creating Relationship Enabling Environments

- Reduce the scale
- Use understandable and identifiable spaces
- Provide the appropriate *Hierarchy of Space*
- Enable movement
- Provide access to nature



Concept

Home

Community

Regulation

Solution

Living in a Home

Creekview at Evergreen - Household Model

- Small scale environment
- Ease of access
- All activities of daily living in one setting



Household Plan

Concept

Home

Community

Regulation

Solution

Living in a Home

Creekview at Evergreen - Household Model

- Understandable spaces
- Recognizable from past experience
- Variety of choices

Nelson-Tremain Partnership
ARCHITECTURE AND DESIGN FOR AGING



Concept

Home

Community

Regulation

Solution

Living in a Home

Creekview at Evergreen - Household Model

- Open access to the natural environment
- Variety of exterior activity settings

Nelson-Tremain Partnership
ARCHITECTURE AND DESIGN FOR AGING



Concept

Home

Community

Regulation

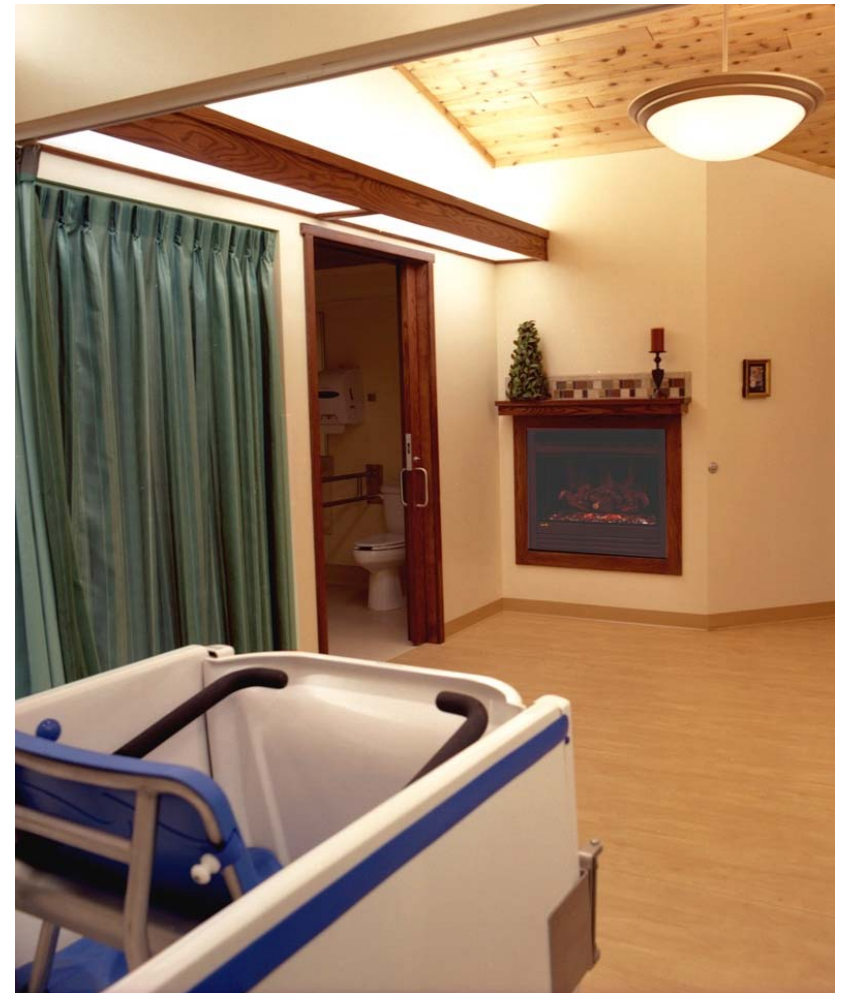
Solution

Living in a Home

Creekview at Evergreen - Household Model

- De-institutionalized clinical resources
- Comfortable, non-threatening environment

Nelson-Tremain Partnership
ARCHITECTURE AND DESIGN FOR AGING



Concept

Home

Community

Regulation

Solution

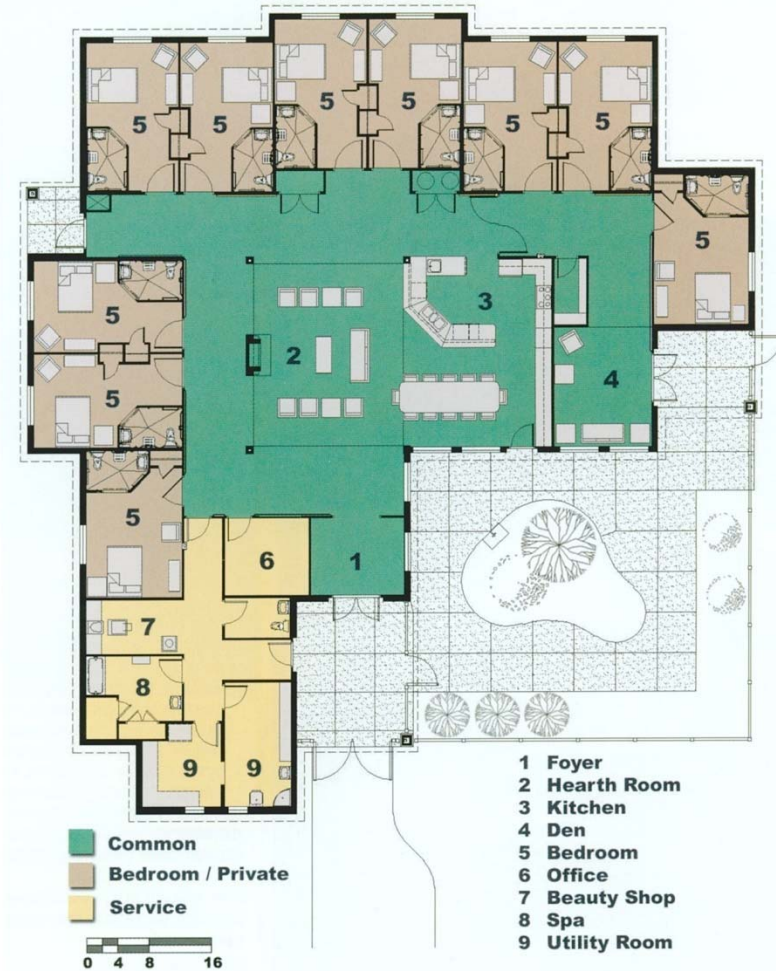
Living in a Home

The Green House[®] Model at Traceway

- Independent houses
- 10 private resident rooms
- Specially trained staff provide all care and household duties



DESIGN 2004



- 1 Foyer
- 2 Hearth Room
- 3 Kitchen
- 4 Den
- 5 Bedroom
- 6 Office
- 7 Beauty Shop
- 8 Spa
- 9 Utility Room

Concept

Home

Community

Regulation

Solution

Living in a Home

The Green House[®] Model at Traceway

- Hearth Room
- Open Kitchen



DESIGN 2004

Concept

Home

Community

Regulation

Solution

Belonging to a Community

The Green House[®] Model at Traceway

- Residential homes within a neighborhood setting
- Support services are available from the main campus



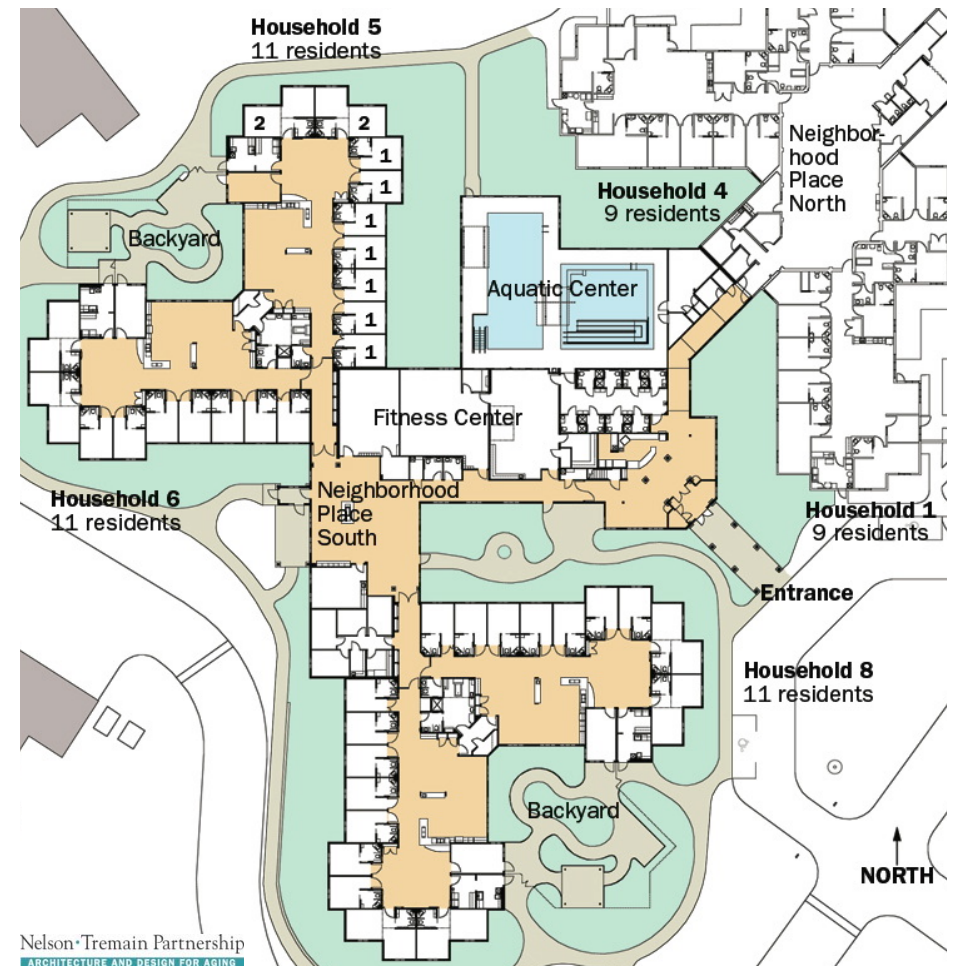
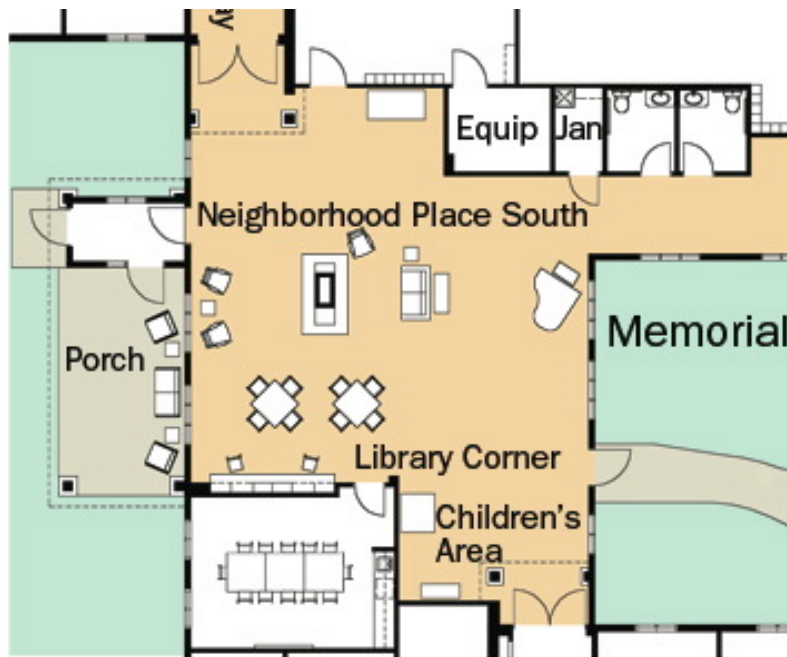
DESIGN 2004



Belonging to a Community

Creekview at Evergreen - Neighborhood Place

- Variety in spaces and potential for interaction



Concept

Home

Community

Regulation

Solution

Belonging to a Community

Creekview at Evergreen - Neighborhood Place

- Places to meet others
- Participation in larger group activities
- Variety of activity settings
- Understanding one's heritage and shared experience



Nelson-Tremain Partnership
ARCHITECTURE AND DESIGN FOR AGING

Concept

Home

Community

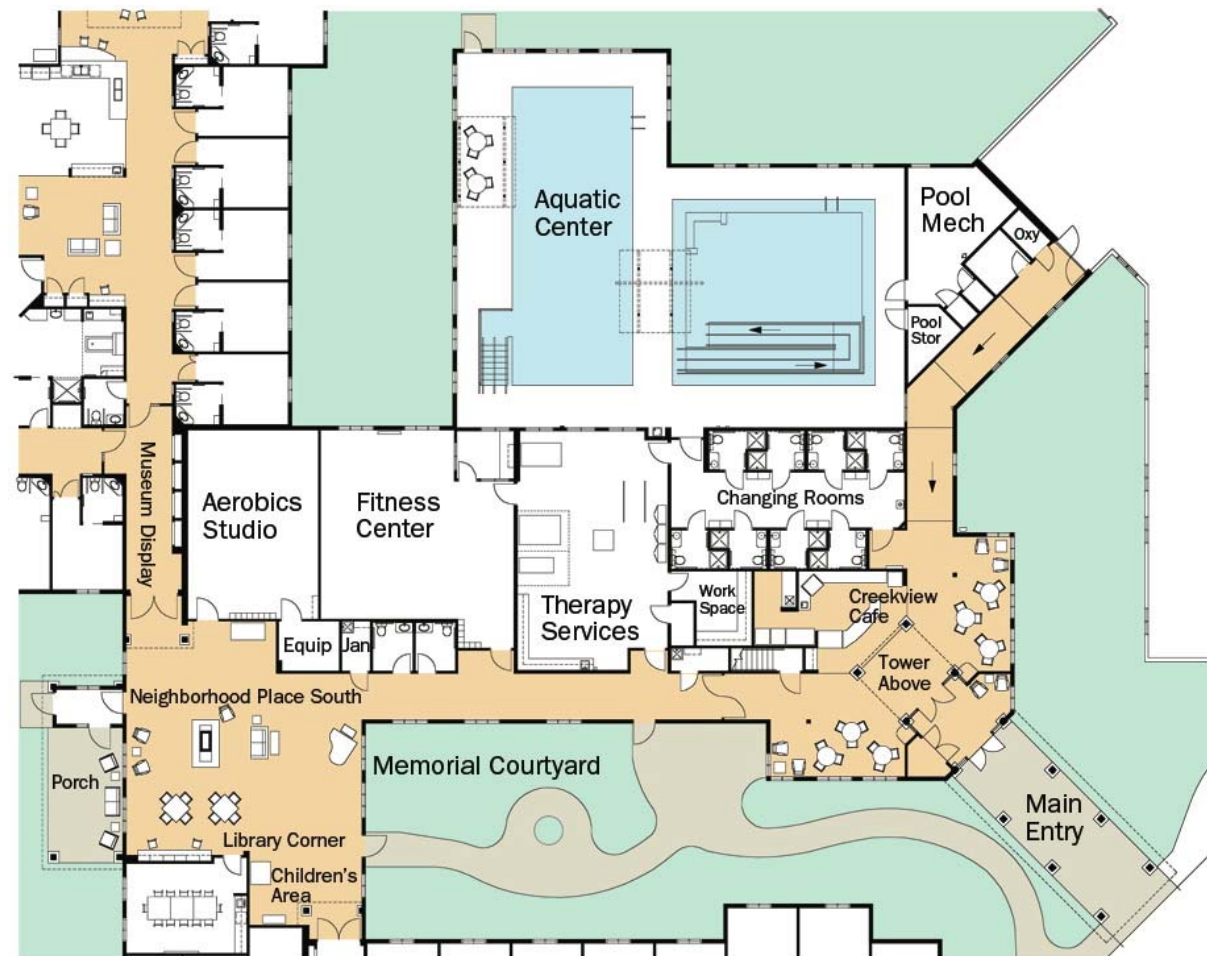
Regulation

Solution

Connecting to the Larger World

Creekview at Evergreen - Creekview Center

- Nursing Home Entry
- Creekview Café
- Aquatic Center
- Fitness Center
- Aerobic Studio
- Therapy Services



Concept

Home

Community

Regulation

Solution

Connecting to the Larger World

Creekview at Evergreen - Creekview Center

- Creekview Café brings community into the center of the nursing home
- Provides a reason to just hang out
- Opportunity for planned or chance meetings



Nelson-Tremain Partnership
ARCHITECTURE AND DESIGN FOR AGING



Concept

Home

Community

Regulation

Solution

Connecting to the Larger World

Creekview at Evergreen - Creekview Center

- Membership program through Senior Center
- Involvement of UW Oshkosh - Learning in Retirement
- Activities for all ages and abilities

Nelson-Tremain Partnership
ARCHITECTURE AND DESIGN FOR AGING



Common Regulatory Issues

Impediments to Creating Home

- Overlapping and contradictory regulations
- Fire safety from fireplaces and kitchens
- Resident safety in kitchens and food-borne illness
- Corridor width and extent of handrails
- Direct staff supervision and distance requirements
- Accessibility for frail individuals and assisted care
- Furniture flammability standards

Concept

Home

Community

Regulation

Solution

Regulatory Jurisdictions

Overlapping and Contradictory Regulations

- Local zoning and licensing
- Building and fire codes
- Local food service inspections
- State health department
- CMS State Operations Manual
- Accessibility standards
- Unwritten Policies and procedures

Regulatory Jurisdictions

Overlapping and Contradictory Regulations

- CMS should encourage states to consolidate review of nursing homes under a single agency
- States should require plan reviews and inspections be provided by the same person
- Consistent interpretations of codes and regulations should be documented at State and Federal levels

Concept

Home

Community

Regulation

Solution

Fire Safety Issues

Fireplaces & Kitchens Open to Corridors

- Wood burning and gas-fired appliances are not allowed within smoke compartments containing resident sleeping areas.
- Cooking facilities are required to be protected in accordance with NFPA 96, using a commercial vent hood and special fire suppression systems.



DESIGN 2004



Fire Safety Issues

Fireplaces & Kitchens Open to Corridors

- Electric fireplaces are allowed in some jurisdictions, however, many others allow only decorative hearths.
- Alternatives to NFPA 96 must be researched and allowed for small-scale food service operations including within households and facility cafés and delis. (see NIST Special Pub. 1066, 2007)



DESIGN 2004



Concept

Home

Community

Regulation

Solution

Dangers in the Kitchen

Resident Safety & Food-borne Illness

- Residents need protected access to potentially dangerous items such as hot surfaces, kitchen utensils and cleaning chemicals.
- Kitchen equipment, food preparation surfaces and cabinetry are required to meet National Sanitary Foundation International (NSFI) standards for commercial food service operations.



Concept

Home

Community

Regulation

Solution

Dangers in the Kitchen

Resident Safety & Food-borne Illness

- Provide reasonable requirements for securing chemicals and other dangerous items while allowing for normal activities and daily experiences.
- Provide standardized waivers for small-scale food operations. Undertake research as to the true danger of food-borne illness from residential equipment, cabinets and surface materials.



Corridors

Required Width & Extent of Handrail

- Protrusions greater than 3 1/2" are not allowed in the 8'-0" corridor width. Exit corridors are to remain unobstructed.
- Handrails are required on each side of the corridor. Corridors are not required to be enclosed by walls.



Corridors

Required Width & Extent of Handrail

- Reduce required width of corridors. Research exit width requirements using actual evacuation methods that do not include transport by bed.
- Exempt handrails along spaces “open to corridor” and allow handrail to be discontinuous for furniture and other elements including displays and artwork.



Concept

Home

Community

Regulation

Solution

Staff Supervision

Direct Visual Control of Corridors

- Many States require that direct visual control of corridors be provided from a nurse station. Why is a nurse station needed?
- It is often required that resident rooms be located a maximum distance of 120 feet from a nurse station.



Concept

Home

Community

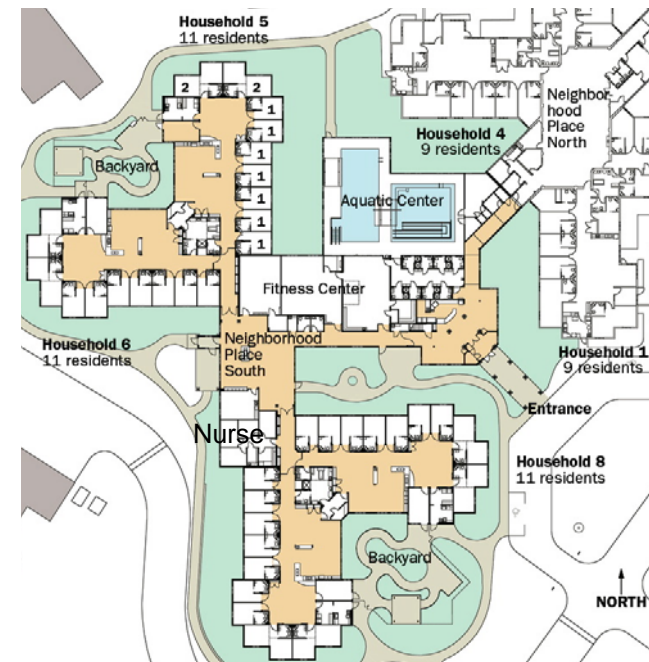
Regulation

Solution

Staff Supervision

Direct Visual Control of Corridors

- CMS could stipulate that no fixed location is required as a “nursing station” or staff area.
- Without a required staff location, distance measurements are no longer meaningful.



Concept

Home

Community

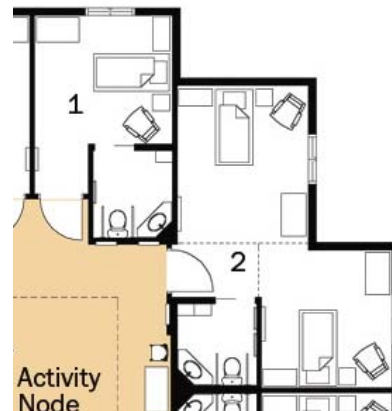
Regulation

Solution

Accessibility

Frail Individuals & Assisted Care

- Accessibility standards are not designed for frail individuals or those requiring assistance.



DESIGN 2004

Concept

Home

Community

Regulation

Solution

Accessibility

Frail Individuals & Assisted Care

- Allow standard waivers from accessibility requirements to provide of older populations. Support research and modifications to ADAAG.



DESIGN 2004

Furniture Flammability Standards

CAL 117 & CAL 133

- Flammability standards require commercial furniture construction within public occupancies, including nursing homes.
- Local or state fire marshals often limit upholstered furniture to one personal item.



Concept

Home

Community

Regulation

Solution

Furniture Flammability Standards

CAL 117 & CAL 133

- Require acceptance of the fire sprinkler exception that allows unlimited quantities of upholstered furniture not meeting commercial standards.
- Personal choice should take precedence over inappropriate enforcement of in flammability standards.



Concept

Home

Community

Regulation

Solution

Working Toward Change

State and National Efforts

- Monitor legislation and rules
- Find diverse affinity groups
- Form and join group working toward change
- Conduct research
- Educate constituents
- Participate in consensus based standards organizations
- Replicate past successes
- Educate lawmakers on issues
- Require research to support regulatory requirements
- Be persistent

Concept

Home

Community

Regulation

Solution



SAGE

Society for the Advancement of Gerontological Environments

- Not-for Profit 501 (c) 3
- Multi disciplinary organization
 - Owners & Operators
 - Clinicians
 - Architects & Designers
 - Regulators
 - Consumers
 - Educators & Academicians
- DESIGN magazine project jury
- Education & Research
 - Post Occupancy Evaluations
 - National conference presentations



Concept

Home

Community

Regulation

Solution



SAGE Principals

Society for the Advancement of Gerontological Environments

- Physical safety and psychological security
- Environment as a therapeutic resource
- Holism and well-being
- Resident rights and personal autonomy
- Communities and relationships
- Support of caregivers
- Function enhancing technology
- Creating and evaluating

www.sagefederation.com



HOME

Welcome to SAGE

SAGE is an organization that promotes networking and collaboration among individuals who are creating better environments for older adults. SAGE members are individuals from a diverse array of professions and disciplines. SAGE seeks common ground so that environmental issues can be discussed in a non-adversarial climate.

SAGE was formed to:

Support education about the impact of the environment on older adults and how to design better buildings, their interiors, and surrounding landscapes.

Advocate collaboration among all disciplines involved in the development, operation and regulation of settings for elders.

Generate research to improve environments by testing ideas and evaluating results.

Encourage regulatory change for more effective environments.

- Brawley