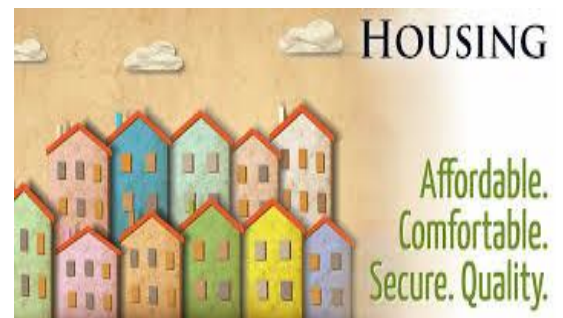


Neighborhood Design... Flourishing that tie together the community with a charter and common values

Our Goal: Create a **Design Green concept** for a low-cost affordable facility modeled on Orchid Cove for seniors entering the third phase of life. The design concept will include other activities to bring the cost down and create a better living environment. **Price point=** \$ 1500.00/month single room apartment, Two bedroom=\$2500/two bedrooms.
Boston Suburb



Innovation housing center:

- Food court (Bakery, Salad bar, Ethnic foods, Grocery,)
- Remote Work Center... Tele-commuting
- Plant growth center ... Hydroponics, Light ... Green city growers ... within complex
- Inter-connected neighborhood -Charter, Values
- Integrated network design that ties tele-medicine, learning network, & entertainment
- On Site Recycling Programs
- Volunteer center to match seniors to needs.
- Small service business for residence

Concept:

We are planning a mixed-use development that includes senior housing, housing for younger families, and various amenities and services such as a day care center, medical care, an entertainment center, a health gym, commercial stores, a cultural and learning center, Handy -man service stores, a training center, ride assistance, outdoor walking areas, and raised garden beds. This type of development can provide a range of benefits to

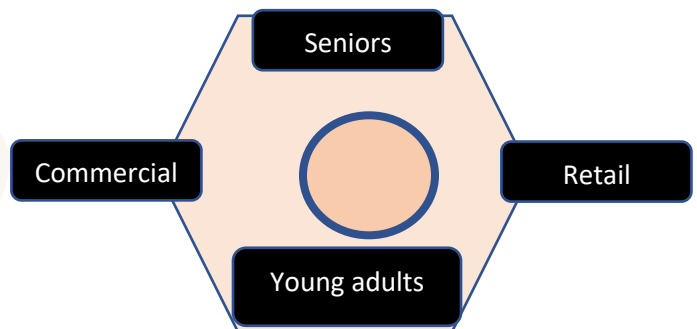


the community, including convenience, accessibility, and opportunities for social interaction and engagement. It is important to consider the needs and preferences of the intended residents and users when designing and planning such a complex, and to ensure that the development is safe, Accessible, and inclusive for all. **New-Design-senior-center:**

design includes the following functions in the housing complex: Senior housing (~400 units)	Housing for younger families (~500 units)
Medical center .. Educational	Medical for simple problems for all
Entertainment center	Health gym
Commercial stores	Underground parking
Cultural center-learning	Training center
Ride assistance – van	Outdoor, Walking plans, raised garden beds
Volunteer Center-helps reduce loneliness	Cycling shop, Powered bikes
House keeping	
	Day care center

Building Design: Multi floors with a hub and spoke design & basement parking. Built in an urban center. Organization will join with senior citizen provider organizations such as <https://changingaging.org/>, & <https://www.pioneernetwork.net/> , <https://www.mlcr.org/> , <https://www.mass.gov/doc/continuing-care-retirement-communities-consumer-guide-0/download> Will be a joint collaboration between Gov't and commercial organizations.

Our uniqueness



Our Uniqueness:

- Self-contained neighborhood, Community culture
- Unique meal service
- Designed for the changing USA population
- Medical learning center

Benefits:

- Improve long term health care
- Better Quality of life
- Inter-generational learning
- Making our society better.

The market we are serving.

- Young adults and senior citizens at a lower price point
- Retail, non-profit & Commercial Community

Typical room design:

One bedroom



Two bedroom



Four separate living rooms



Resident Services This may Include:

For seniors:

- Acquiring homemaking/personal care services
- Meals on Wheels/Congregate Meals Program
- Transportation: medical and shopping
- Socialization: resident meetings/activities
- Education: health services and screening
- Health clinics on-site
- Nutritional Information
- Pharmacy programs
- Conflict resolution
- Crisis intervention
- Budgeting and Money Management

For Families:




- Financial Planning
- Child Care
- Healthcare/Health Insurance Needs
- Weight loss and smoking cessation
- Education and training for job related goals
- Employment opportunities
- After school programs with emphasis on tutoring children for success
- Nutrition Education
- Budgeting and Money Management
-



Mass-Governor incoming speech (1/5/23)... Major points Innovation in MA

- Affordable house and more of it is needed in the commonwealth
- Affordable childcare
- Designed housing to support climate change.

Next Steps:

First draft wright up				
Connect with other organizations ... Form Design team				
Web Site				
Funding Document				

ChatGPT: Optimizing Language Models for Dialogue

There are a variety of innovative senior housing facilities around the world that aim to keep costs down while still providing great options for older adults. Some examples include:

Tiny houses: These small, efficient homes are becoming increasingly popular as a cost-effective option for senior housing. They often have a minimalist design and are built with energy-efficient materials, which can help reduce costs over time.

Cohousing communities: Cohousing is a type of housing where residents live in a community and share common spaces, such as kitchens and living rooms. This model can help reduce costs by pooling resources and providing a sense of community for older adults.

Green housing: Many senior housing facilities are now incorporating green technology and sustainable design to reduce energy costs and improve the

overall health and well-being of residents. Examples include solar power, geothermal heating, and energy-efficient appliances.

Age-integrated housing: Age-integrated housing is a model where older adults live in the same community as people of all ages. This can help reduce isolation and improve social connections for older adults, while also helping to keep costs down.

-Micro-units: Micro-units are small, compact living spaces that are designed to be highly efficient and affordable. Micro-units are especially suitable for senior housing, as they require less space and resources to maintain.

It's important to note that, while the above-mentioned options may help to reduce costs and improve the quality of life for older adults, they are not a substitute for professional care when it is needed.

Model view



How can we design a facility that provides housing for the aged while proving a quality of life experience?

There are several ways to design a facility that provides housing for the aged while also providing a high quality of life experience:

1. **Create a welcoming and homelike atmosphere:** The facility should feel like a home rather than a hospital or



institution. This can be achieved through the use of comfortable furniture, personal touches such as family photos, and home-cooked meals.

2. Encourage independence: The facility should allow residents to maintain as much independence as possible by providing them with private living spaces and the necessary support to take care of themselves.
3. Provide a range of activities: To promote a high quality of life, the facility should offer a variety of activities and social events for residents to participate in. This could include group outings, exercise classes, and craft projects.
4. **Foster a sense of community**: It's important to create a sense of community within the facility to help residents feel connected and supported. This can be achieved through shared meals, group activities, and opportunities for residents to get to know one another.
5. Consider the physical design of the facility: The physical design of the facility should be functional, safe, and easy to navigate for residents with mobility issues.
6. **Focus on providing high-quality care**: Quality care is essential for the well-being of residents in assisted living facilities. The facility should have trained and compassionate staff who are able to meet the physical, emotional, and social needs of residents.

What other functions can we include in a senior living facility that would bring the cost down while maintaining a high quality of life?

There are several functions that could be included in a senior living facility to bring down costs while maintaining a high quality of life:

1. Shared living spaces: By having shared living spaces such as a common kitchen, dining area, and living room, the facility can reduce costs while still providing a social and welcoming atmosphere for residents.
2. **On-site healthcare**: By having healthcare professionals on site, the facility can reduce the need for residents to go to off-site medical appointments, which can save money and improve care.
3. Transportation services: Providing transportation services for residents can help them stay connected to the community and reduce the need for private vehicles, which can save money on insurance and maintenance costs.




4. **Home maintenance and repairs:** By offering home maintenance and repair services, the facility can help residents with tasks that may become more challenging as they age, such as mowing the lawn or fixing a leaky faucet.
5. Educational and wellness programs: Offering educational and wellness programs can help residents stay engaged and active, and may also reduce the need for additional healthcare services.
6. **Technology integration:** By integrating technology such as telemedicine, virtual social events, and online learning opportunities, the facility can provide additional services and support while reducing the need for in-person staff and resources.

Are there new innovative senior care facilities that reduce costs through better designs and who are they?

There are several innovative senior care facilities that are looking for ways to reduce costs through better designs. Here are a few examples:

1. Green House Project: This model of care is based on the idea of creating small, home-like environments for seniors, with a focus on personalized care and resident choice. The Green House Project has been shown to reduce healthcare costs while improving the quality of life for residents.
2. The Pioneer Network: This organization promotes a culture change in long-term care, with a focus on person-centered care and creating home-like environments for seniors. The Pioneer Network has helped to reduce costs and improve the quality of life for residents in long-term care facilities.
3. The Eden Alternative: This organization promotes a more holistic approach to senior care, with a focus on creating small, home-like environments and promoting the integration of nature, animals, and other elements of the natural world into the daily lives of residents. The Eden Alternative has been shown to reduce healthcare costs and improve the quality of life for residents.
4. The Continuing Care Retirement Community (CCRC): A CCRC is a type of senior living facility that offers a range of living options, from independent living to skilled nursing care, all on one campus. CCRCs can be a cost-effective option for seniors because they offer a wide





range of services and allow residents to age in place, reducing the need for multiple moves as care needs change.

