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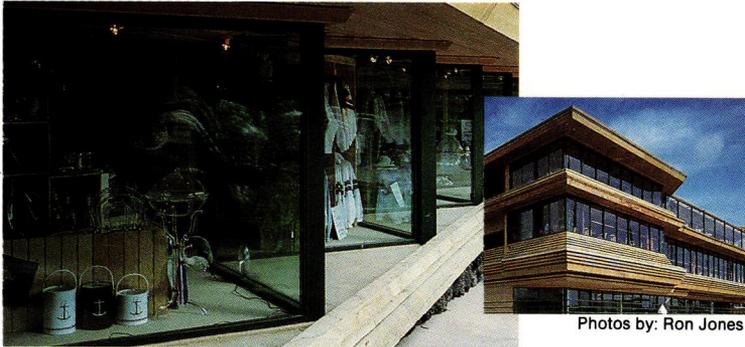


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SANDY MARKS

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COVER

Castillo Homes, Santa Barbara. Architect: L. Dennis Thompson, AIA. Photographer: Paul E. Sharp.

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WOMEN IN DESIGN

Liz McQuiston. An interesting look into the variety of ways in which women such as Lella Vignelli and Denise Scott Brown are contributing to the contemporary design scene. This book highlights the work of 43 international designers with expertise in graphic, furniture, industrial, and architectural design. 144 pages. 9" × 9½". 160 illus., 24 in color. Paperback: \$25

JAMES STEWART POLSHEK

Introductory essays by Helen Searing and Gwendolyn Wright. The first monograph on the New York architect's career to date, describing such projects as the renovation of Carnegie Hall and The Brooklyn Museum (with Isozaki). The projects are presented in categories that follow the format of his 1987 exhibition at the American Academy in Rome. 252 pages. 10" × 10". 400 illus., 150 in color. Hardcover: \$45. Paperback: \$29.95

GLASS HOUSES

May Wood and Arete Swartz Warren. This beautifully illustrated volume is full of facts about the architecture of these extraordinary glass structures, and the flowers and plants they enclosed. The authors describe the earliest experiments of the Romans on through the complex conservatories built in England and America in the 18th, 19th, and 20th centuries. 224 pages. 8½" × 11". 150 illus., 100 in full color. \$45

GREEN ARCHITECTURE

Barbara Stauffacher Solomon. Through her exquisite drawings, the author describes three categories of gardens—formal, picturesque, and agrarian—from as far back as the 16th century, up through an examination of the plan for the City of San Francisco. An artist and landscape designer, Solomon lives in San Francisco and is currently designing a sculpture garden at the Walker Art Center in Minneapolis. 144 pages. 8½" × 11". 290 color illus. Hardcover: \$40 Paperback: \$25

ARCHITECTURE OF EXILE

Stanley Tigerman. An internationally known Chicago-based architect offers this unique examination of architecture in terms of issues that have long preoccupied the Western theological, philosophical, and artistic imagination. 192 pages. 8½" × 11". 350 illus. \$35

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Happy Birthday, Mickey!



Youth symbol turns 60. Graffiti art, San Francisco.

Youth rivals money as the single most valuable commodity in our culture, so it is no surprise that most of us tend to see the “elderly” as people 20 years older than us—whatever our current age may be. Yet slowly but surely, we the people are growing old. Even Mickey Mouse celebrates his 60th birthday this year.

The greying of America may be the most important issue facing our society in the next decades. The baby-boom generation will become senior citizens in about 20 years. By 2030, over one fifth of our national population—over 64 million people—will be age 65 or older, a population demographic that is unprecedented in human history. From that time through the middle of the next century, the only age group that will continue to grow in number consists of people 85 years and older.

Since capitalism is a numbers game, these sizable population figures have spawned a wild array of commercial products and ventures aimed at the elderly market. Old folks are a profit center and architects are among the service providers who will benefit from this growing market. But old folks are also human beings and it is by responding to them within this context that architects can have the greatest impact on the future.

The architect's ability to make a difference to their elderly clients or users goes beyond specifying windows that frail arms can open. Through their ability to understand how people's needs vary as they age and to respond with design solutions that can adapt to life changes, architects can create environments that enable us all to age with dignity and independence.

Since the home is the most immediate environment experienced by elderly adults, this issue of *Architecture California* focuses on senior housing as a way to study a variety of concerns affecting design for this age group. Two articles by architect and gerontologist Victor Regnier, AIA explore housing options being developed for the elderly and design guidelines based on research into the special needs of this user group. An annotated bibliography offers further resources for the study of architecture for the aging.

Retirement communities for up-scale seniors and skilled nursing facilities for the dependent elderly are building types

that this issue does not consider. Here the focus is on housing for the growing number of impoverished seniors who cannot afford to retire to a leisure world.

Design solutions that address the challenges of inner-city public housing for seniors accompany an article that examines how these projects get funded. The case studies—designed by Robert Herman Associates, Takata & Sugioka Architects, and L. Dennis Thompson, AIA—show that architectural excellence can be achieved on even the lowest budget. The influence of behavioral research in the remodel of a vandalized and crime-ridden high rise housing project into secure housing for the elderly is the subject of a separate article by Robert Marquis, FAIA.

The popularity of retirement communities and the warehousing of the frail elderly in nursing homes have resulted in old folks' ghettos that isolate senior citizens from the rest of society. An alternative approach that integrates senior housing into existing neighborhoods is illustrated by the Castillo Homes and through a prototype design by Naegle Associates.

Most of California's old folks live alone in single family houses that are considerably older than the median age of housing stock in the state. These living circumstances offer an opportunity for house sharing that can expand the living possibilities for senior citizens. An article by Chester Widom, AIA describes the prototype housing options developed by Alternative Living for the Aging, a non-profit group in Santa Monica, and the architect's role in the remodel and original design of these structures. (For information on government matching funds for shared housing, contact Susan Kessler, Program Manager, Senior Citizens Shared Housing Program, 921 10th Street, Sacramento, CA 95814.)

An architect interviewed in the course of this issue observed, “You're only as old as the women you feel.” But age is not just a state of mind, it is a state of being. As our bodies age and our senses dim, the built environment exerts its greatest impact on our ability to live life. Architecture for an aging society requires a sensitivity to human limitations and an appreciation that the game doesn't have to be over before it's over.

—Janice Fillip



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tion, contact Brian Goodmiller, Director of Marketing, PCI, 175 West Jackson Boulevard, Chicago, IL 60604.

AN INTERNATIONAL, two-stage competition to design the public environment of a 10 block section of Olympic Boulevard in Los Angeles and two major private office towers in the district is now accepting entries. Deadline for entries is August 26, 1988. Contact: Deborah Rosenthal, 1-800-451-7270, (213) 312-3600 or FAX (213) 479-3096.

ENTRIES ARE INVITED for the Sixth Annual Downtown Development Awards Competition, sponsored by the Downtown Research & Development Center. The purpose of the award is to honor outstanding downtown development and rehabilitation projects that are helping downtowns and reshaping central business districts. Contact: Margaret DeWitt, Downtown Research & Development Center, 1133 Broadway, Suite 1407, New York, NY 10010, (212) 206-7979.

THE AMERICAN WOOD Council invites entries in the 1988 Wood Design Award Program to honor design excellence in wood buildings. Entry deadline is September 30, 1988. Contact: American Wood Council, 1250 Connecticut Avenue, NW, Washington, DC 20036, (202) 833-1595.

THE SPIRIT OF PLACE

The modern relevance of an ancient concept is the focus of a symposium sponsored by the University of California, Davis. "The Spirit of Place Symposium," scheduled for September 8 to 11, 1988 at the UCD campus, brings together an international panel of speakers to develop an understanding of the subtle values inherent in the places we inhabit. Among the speakers and performers are Lawrence Halprin, Richard Underwood, Chinese geomancer Lin Yun, choreographer Anna Halprin and Paul Horn.

Fee for the entire symposium is \$150; individual event rates are available. For more information and to register contact Linda Abrille, University Extension, University of California, Davis, California 95616, (916) 752-7530.

INTERNATIONAL UNION OF WOMEN ARCHITECTS

The Eighth Congress of the Union International des Femmes Architectes (UIFA), convening this September in Washington, DC, will honor the 100th



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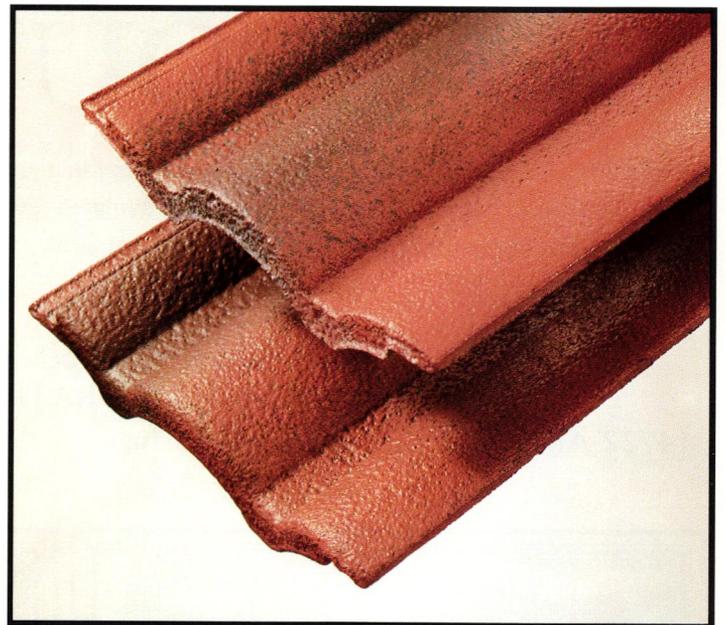
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OPEN COMPETITION

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PROFESSIONAL JURY: Ricardo Bofill: *architect* Regula Campbell: *landscape architect* John Morris Dixon: *architectural journalist* Richard Meier: *architect* Rai Okamoto: *urban designer/city planner* James Wines: *artist/designer*

PROFESSIONAL ADVISOR: Michael John Pittas

ELIGIBILITY: First Stage is anonymous and open to *any* interested party. Up to five finalists will be invited to compete in the Second Stage.

SCHEDULE: Program plus video available May 30. First Stage deadline August 26. Second Stage finalists announced September 12.

INFORMATION: Contact Deborah Rosenthal **Phone** 1-800-451-7270 • 213/312-3600 **FAX** 213/479-3086

W E S T

THE GARDEN DISTRICT

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anniversary of the entry of women into the practice of architecture in the United States. The Congress also will mark the 25th anniversary of the founding of UIFA.

"Housing, An International/Universal Issue" is the theme for the Congress, which is co-sponsored by the AIA. For further information, contact L. Jane Hastings, FAIA at (206) 329-9600 or write UIFA, The American Institute of Architects, 1735 New York Avenue, NW, Washington, DC 20006.

GRANT SUPPORT FOR ARCHITECTURAL CONSERVATION

A new grant category to support architectural conservation was announced by the Getty Grant Program of the J. Paul Getty Trust. Under the direction of program officer John Sanday, RIBA, the grant category will support the conservation of architecturally, historically and culturally important properties throughout the world. "Through our architectural conservation grants, we hope to make a lasting contribution to the preservation of the cultural heritage on an international level," Sanday said.

Nonprofit organizations that own nationally listed properties that are accessible to the public are eligible to apply for three types of funding. Project identification grants of up to \$20,000 will enable recipients with limited conservation experience to hire consultants to evaluate the condition of the property and develop a logical approach to its conservation.

Project preparation and survey grants provide up to \$35,000 for a single building and up to \$50,000 for a group of structures to prepare the historical and archival research, a set of drawings, structural surveys and the cost of analysis needed to define the scope of the conservation work and the budget required. These grants must be met by one-to-one matching funds.

Project implementation grants contribute up to \$250,000 toward the execution of conservation work. These grants require at least a one-to-one match and in most cases at least two thirds of the total project cost will come from other sources.

More details on eligibility requirements and application guidelines can be obtained by writing to the Getty Grant Program, Architectural Conservation Grants, 401 Wilshire Boulevard, Suite 1000, Santa Monica, CA 90401.



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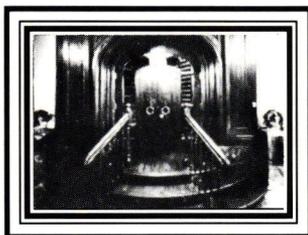


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For more information contact Linda Abrille,
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Five projects received Honor Awards in the bi-annual awards program sponsored by The American Institute of Architects/San Francisco Chapter to recognize design excellence in the Bay Area.

SHELLMOUND OFFICE PARK, Oakland. Architect: Dutcher and Hanf. Jury Comment: Exceptional colors and combination of materials. Few things done, but all done very carefully. Excellent site plan. Fresh and welcome oasis.

Dutcher and Hanf were recognized for the Shellmound Office Park, the only award-winning building located outside of San Francisco. The Hermitage, located atop Russian Hill, garnered an award for Esherick Homsey Dodge and Davis; Skidmore, Owings & Merrill received two awards for 388 Market Street and for 88 Kearny Street; and Fisher-Friedman Associates received an award for Golden Gateway Commons.

Jurors were Donald Canty, Hon. AIA, Hugh Stubbins, FAIA and Frances Halsband, FAIA.

LOS ANGELES

Nine architecture firms were recognized for their designs of residential, restaurant, office, commercial, studio and urban projects in the design awards sponsored by the Los Angeles Chapter/AIA.

Honor Awards were presented to Frank O. Gehry & Associates for a guest house in Wayzata, Minnesota and to Morphosis for an unbuilt residence in Santa Monica.

Architectural Merit Awards went to Goldman/Firth/Associates for a Malibu office project; Ehrlich Architects for the Ed Moses Art Studio in Venice; Frank O. Gehry & Associates for Fishdance Restaurant in Kobe, Japan; and Morphosis for Kate Mantilini Restaurant, Beverly Hills.

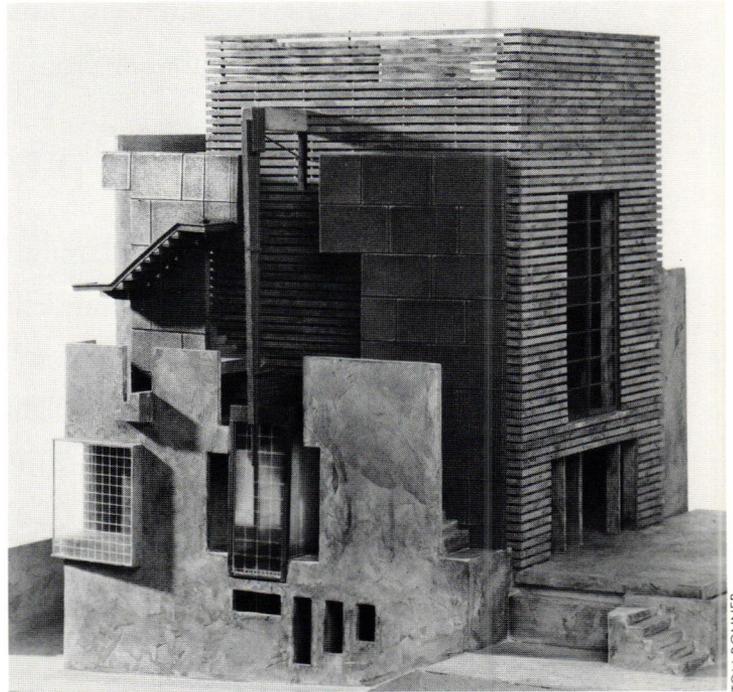
Interior Design Merit Awards were given to Levin & Associates for McDonald's Restaurant in the

Los Angeles Fine Arts Building; and Rachlin & Roberts, AIA, Inc. for an architects' office in the Los Angeles Wiltern Center.

Citation Awards were presented to Pereira Associates for the Ewa Town Center near Honolulu, Hawaii; Kanner Associates for a retail commercial building in Santa Monica; and Architectural Collective for a small commercial project in West Hollywood.

Jurors for the architecture entries were Thomas H. Beeby, AIA, Jorge Silveti and Henry Cobb, FAIA. Interior design entries were judged by Claude R. Engle, Charles Pfister and Andree Putnam.

UNBUILT RESIDENCE, Santa Monica. Architect: Morphosis. Jury Comment: Truly an extraordinary project. Shows how a project can have qualities that the building won't convey. Has elevated the idea of a project to the realm of research.



TOM BONNER

SAN FERNANDO VALLEY

The first Design Awards Competition sponsored by the new San Fernando Valley Chapter/AIA presented three Honor Awards and five Merit Awards.

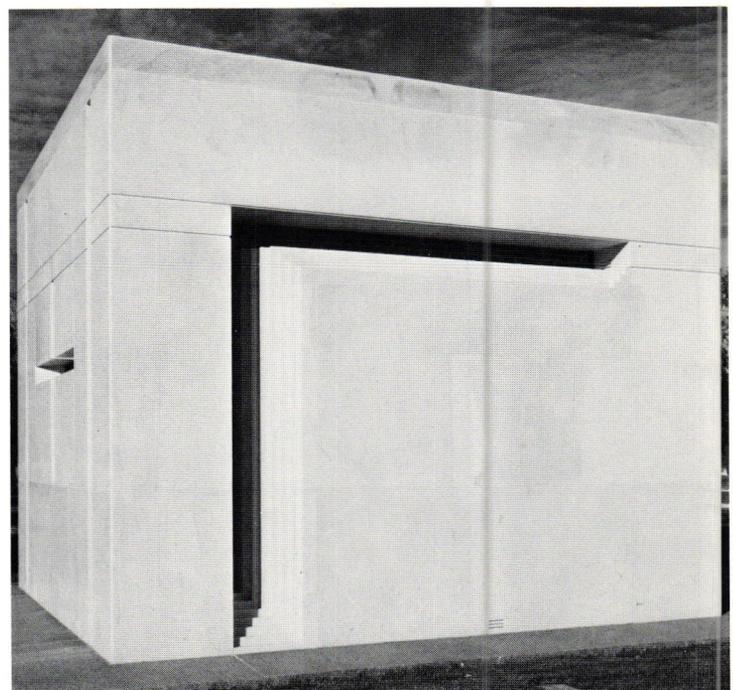
Rudolph V. DeChellis, AIA, of O'Leary, Terasawa, Takahashi, DeChellis & Chaffin, received an Honor Award in the Institutional Category for a family mausoleum at the San Gabriel Cemetery. The Honor Award in the Rehabilitation Category went to Jean Cramer, AIA for the restoration and adaptive re-use of the 1906 Arroyo Seco Building in Pasadena. Jeff Kalban, AIA, of Kalban Architects, received an Honor Award in the Commercial and Industrial Category for Airport Oaks, a light industrial complex in Santa Rosa.

Merit Awards were presented to Hipskind & Chase Architects for the rehabilitation of a 25-year-old

Canoga Park bank building into a Sizzler Restaurant; to Fisher/Morris & Associates for the Colfax-Kling Townhomes in Studio City; to T. W. Layman Associates for Highland Plaza; to William R. Pauli, AIA for the Montecito house plan at Westridge; and to Mark L. Smith, AIA for the Kinder-Care Learning Center in San Jose.

Jurors were Leason Pomeroy, FAIA, Marvin Malecha, AIA, Randy Morris, AIA and Sid Galper, ASLA.

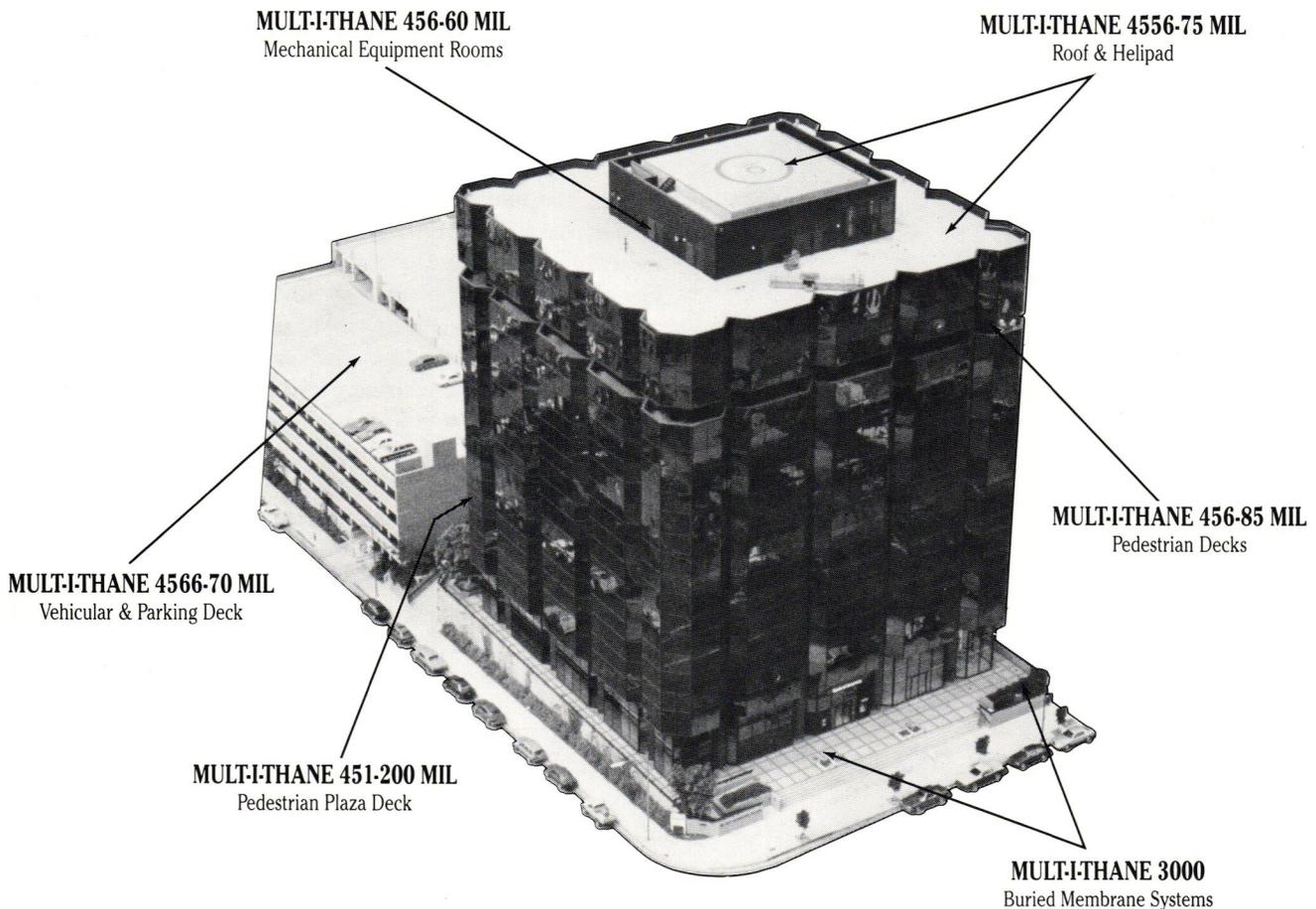
FAMILY MAUSOLEUM, San Gabriel Cemetery. Architect: Rudolph V. DeChellis, AIA, O'Leary, Terasawa, Takahashi, DeChellis & Chaffin. Jury Comment: The design is a quiet, elegant solution to a very unusual design commission. The use of materials and strength of details enhanced the strong, simple form.



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Photo: Warren Aerial

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Housing An Aging Population



SANDY MARKS

CHALLENGES FOR THE FUTURE

By VICTOR REGNIER, AIA

Along with the aging of society has come a proliferation in the number and types of housing choices available for older adults. These range from settings that are completely independent to those which support heavily dependent populations.

(A partial listing of relatively common options is found in Figure 1.) These housing options are differentiated primarily by changes in the amount and types of services offered; the design of fixtures, hardware and appliances; and the age/competency level to which the housing environment is targeted.

Experts have identified three categories of housing: independent, semi-independent and dependent. Marketing analysts have coined the terms "Go-Gos," "Slo-Gos" and "No-Gos" to characterize individuals served by these housing types. The independent Go-Gos enjoy the benefits of retirement. They often have an interest in travel, creative expression, cultural arts and volunteerism. The provision of emergency health and physical security services is the major difference between the housing stock for this group and that for the general population. The semi-independent Slo-Gos have begun to experience chronic difficulties that limit independence. They often seek living arrangements with housekeeping and meal services as a means to simplify their lives. The dependent No-Gos are found in nursing homes. They have major impairments that often require 24 hour health care monitoring and they must have assistance in carrying out activities of daily living.

THEORETICAL FRAMEWORK

The relationship between the older person and the environment is defined by two major theoretical frameworks: the age loss continuum and the competence-press model.

The age-loss continuum (Figure 2) illustrates the individual and cumulative losses that accompany normal aging. These losses impact psycho-social well-being and have implications for environmental interventions. For example, the losses of vision and hearing may lead to kitchen and bathroom designs that compensate for these changes, while cluster housing may increase new friendship formations for those of limited mobility.

The competence-press theory hypothesizes a transactional relationship between the competency of the person and the supportiveness of her environment. When this balance is struck, the individual is said to be most satisfied. When the environment over- or under-supports the individual, a negative effect occurs. This theory suggests self-selection is involved in matching the person to the appropriate environment and that this match is a dynamic one that changes as the individual ages.

CONTINUING CARE COMMUNITIES

Aging is a process that begins at birth and continues until death. Implicit in this is a dynamic model of change. As the older person ages, her needs for environmental support also increase. Environmental adaptations to the dwelling unit or the provision of more support services can meet this need. The housing prototype that compensates for changing competency is the continuing care retirement community (CCRC).

Typically, CCRCs provide a combination of independent housing with minimal services, attached dwellings with additional services, personal care housing and long term care, all in a campus-like setting. Theoretically, as one's need for support increases, the resident can move within the community to a more service-supportive arrangement. This allows the individual to stay coupled to a community of friends and peers while avoiding a transfer when old and frail to an anonymous nursing home

Figure 1

Housing Options for the Elderly

	Independent		Semi-Independent			Dependent	
Community Based Family Housing	●						
Community Based Apartment Dwelling	●						
Granny Flat		●					
Accessory Apartment Dwelling		●					
Shared Housing		●	●				
Retirement Community		●	●				
Age Segregated Apartment Dwelling		●					
Communal Housing		●	●				
Retirement Hotel			●	●			
Congregate House (20-30 units)			●	●	●		
Congregate Housing (100 units +)			●	●	●		
Board and Care Home					●		
Assisted Care/Personal Care						●	
Foster Care						●	
Intermediate Nursing Care							●
Skilled Nursing Care							●
Continuing Care Retirement Community (CCRC)			●	●	●	●	●

Legend

Independent: Living arrangements designed for individuals and couples capable of handling their own housekeeping, cooking and personal care needs.

Semi-Independent: Living arrangements designed for those with some chronic limitations. Residents are self-sufficient and capable of self care, but may rely on the facility for meals, housekeeping and transportation.

Dependent: Living arrangements which provide 24 hour nursing care for severely impaired individuals.

or personal care institution. A continuing care facility allows the individuals full confidence that they will be taken care of properly when they can no longer manage their own affairs.

CHOICE AND CONTROL

Historically, housing with services, commonly referred to as "congregate housing," has required that residents take three meals in a common dining room to promote efficient operational economies. Over-prescribing these services often eroded an individual's competency and increased the institutional character of facility use patterns. An important recent trend is to provide residents with choices over meal, laundry and housekeeping services. Providing choice in the form of optional services has allowed congregate settings to meet the differing preferences of residents while encouraging residents to maintain their connections to off-site services and facilities. Social psychologists who have researched the issue of perceived choice believe these "a la carte" service structures lead to feelings of greater control and higher morale.

COMMUNITY ORIENTATION

During the last 10 years, elderly housing and CCRCs have begun to develop more substantial relationships with surrounding communities. Rather than operate as "stand alone" facilities, they have taken their lead from European models that recognize

Figure 2

The Age-Loss Continuum

AGE	50	60	70	80
Separation of children	●			
Death of peers		●		
Loss of spouse		●		
Motor output deterioration				●
Sensory acuity losses		●		
Age related health problems				●
Reduced physical mobility				●

*The losses for each specific individual, of course, would not happen as precisely indicated for each age category. This is an abstraction used for analytical purposes only.

Source: L. Pastalan, "Privacy as an Expression of Human Territoriality." In L. Pastalan and D. Carson (eds.), *Spatial Behavior of Older People* (Ann Arbor: The University of Michigan Press, 1970). Used with permission.

a need to serve those living in the community, as well as the facility. Services like home care, meals on wheels, nurses registry, adult day care and respite care have been offered to older people in the surrounding neighborhood. Some facilities, such as River-view Plaza in Sacramento and Mendelsohn House and Woolf House in San Francisco, have experimented with mixed use arrangements that provide retail services to the surrounding community. This integration of the institution with the community also has led to the provision of nursery school services and dining areas that are shared by neighborhood residents. In some facilities senior recreation center activities are open in the widest possible way to community members.

COOPERATIVE/SMALL SCALE CONGREGATE SETTINGS

Development costs and economies of scale in meal and service production have made it difficult to produce congregate housing units of less than 100 apartments. Nursing home regulations that control staffing patterns have set the smallest feasible facility at 99 beds. Unfortunately, these larger unit counts require three to four acres, at 25 to 35 units per acre, and lead to rather large two and three story building complexes. The development of smaller experimental models is an encouraging sign. These projects can take on the iconography of a house and are welcome additions to a greater range of neighborhoods.

Larger buildings often resemble motel or hotel complexes and take on a decidedly commercial appearance at the expense of residential scale. Architects should continue to explore ways of reducing the scale of these arrangements using large manor houses as the inspiration for their continued refinement. (Proto-

types for integration of senior housing into existing neighborhoods are discussed elsewhere in this issue.)

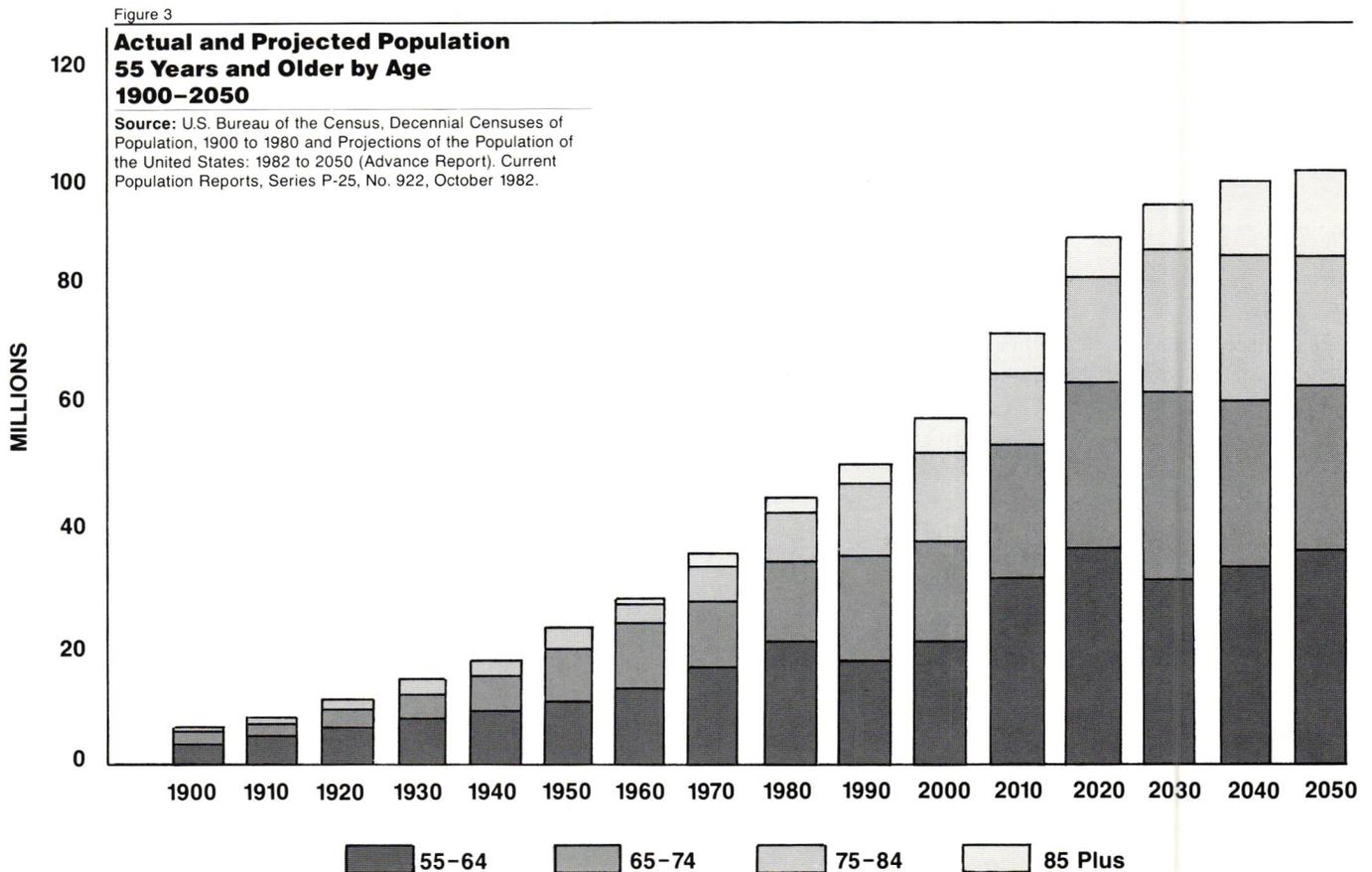
Selecting a stylistic architectural expression that references the familiar and comfortable residential qualities of "home" is an elusive challenge. The environment should maximize independence and provide a variety of choices between communal and private settings. It should skillfully use landscape elements to create outdoor rooms, while relying on anthropometrically sensitive and visually stimulating interior furnishings. Finally, the design should be flexible enough to allow personalization.

CONCLUSION

The upcoming group of older people are more sophisticated housing consumers than past older groups and are attracted to skillfully designed, aesthetically pleasing environments. Market conditions being equal, many housing failures have first been design failures. Furthermore, projects that deliver more design quality are occupied more quickly than less skillfully designed buildings. An emerging appreciation for design quality clearly has been recognized as fundamental to the success of a project.

Architects can make an important contribution to the state of the art of elderly housing by addressing many of the issues raised above. There is much to be done at a time when increasing demand and evolving sophistication challenge even the most skillful of designers.

Victor Reigner, AIA is an associate professor with a joint appointment at the School of Architecture and the Davis School of Gerontology at the University of Southern California. He is a fellow of the Gerontological Society of America.



Demographic Profile Of An Aging Society

The fact that California's population is aging will surprise few readers, given the relatively high profile of this topic in popular magazines and newspapers. The aging of the United States' population is a long term trend that will continue to shape our society for the next 50 to 70 years. In fact, a major concern is the increasing number of older people in countries throughout the world. In the 45 years between 1980 and 2025, the world population over the age of 65 is predicted to grow nearly 300%, from 376 million to 1.1 billion. The majority of this increase will occur in resource-poor developing countries.

The United States began to experience an increased rate of growth in the older population around 40 years ago. (See Figure 1.) In the last 20 years, the over-age-65 population has grown twice as fast as the under-age-65 population. Between 1980 and 2000, the over-65 population is expected to grow by 37%, while the under-65 group will increase by only 12%. These relatively conservative census figures could change radically if scientific breakthroughs (such as a cure for cancer or heart disease) occur that affect morbidity rates.

One of the most interesting growth statistics is the high rate predicted for the oldest-old cohorts (age groups). For example, in the same 20 year period (1980-2000), the over-75 population will increase by 74% and the over-85 group will grow by 129%. In 1980, 10 million people in the age group 75 and over represented 4.4% of the population; by 2030, this will grow to 30 million and will represent 9.8% of the population. As one might assume, these large numbers of the oldest-old will create greater demand for housing with special design features and management services that make the environment more supportive.

Although life expectancy in the year 2000 at age 65 is projected to grow by only 1.7 years, the differential between the average life expectancy of men and women will continue to spread. In 2000, women at age 65 will, on the average, outlive men by approximately 5.1 years. This trend will continue to impact living arrangements.

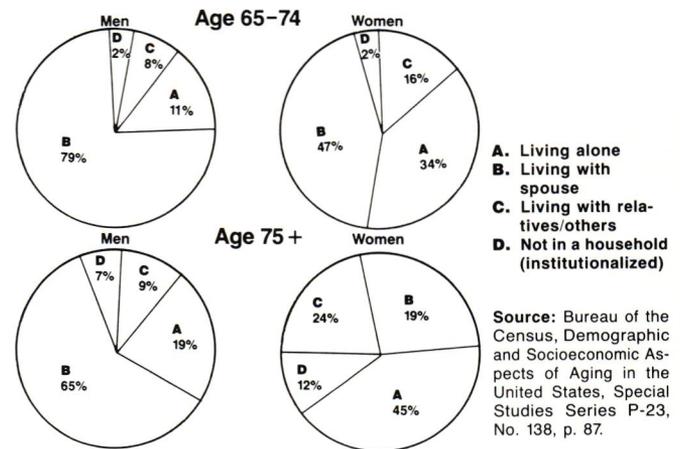
Figure 4 outlines the situation more clearly by segmenting aging households into four separate groups. The majority of men in both of these age cohorts live in households with their spouse. Women, on the other hand, are more likely to live alone or with relatives/others at both age 65 to 74 (50%) and over-75 (69%). These figures reveal a scenario where women become their husband's caretakers, only to find themselves alone and at risk of institutionalization when their spouses die and are no longer available to share household tasks. This is another reason why congregate housing, assisted care and nursing homes have a vast majority of female residents.

Because chronological age is highly correlated with functional loss, major increases in the oldest-old cohorts will also bring about a need for more nursing homes. Although only 4.7% of people over age 65 reside in nursing homes, the probability of spending time here increases with advanced age. While only 7% of the 75 to 84 age group reside in a nursing home, this increases to 20% of the over-age-85 population.

The increasing number of the oldest-old also will trigger greater demand for alternative supportive residential environments. These alternative arrangements, characterized by labels such as "personal care" or "assisted care," are poorly understood and are not as well researched as other retirement housing types. Opportunity exists for the further refinement of these building types. Here architects can make a significant contribution by combining sensitive, residentially-scaled environments with facilities that meet the health and safety needs of this less ambulatory population.

Another opportunity to develop a new building type is gener-

Figure 4
Living Arrangements of the 65+ Population by Sex and Age Group: 1981



ated by the prevalence of Alzheimer's disease, which afflicts over 2.5 million people in the United States. Alzheimer's is a common ailment in those of advanced age, occurring in up to 20% of those over age 80. In its advanced stages, the disease state requires patients to be institutionalized, but those at the early onset of the disease can be accommodated in more independent living arrangements. Experimental design approaches that integrate therapeutic ideas are needed to extend independence and prevent premature institutionalization.

Individuals with chronic conditions, like arthritis, hypertension and heart disease, constitute a large segment of the frail population. Although some are not dependent on care, most are extremely sensitive to deficiencies in the environment. Among people over age 75, 22% are so frail they are unable to carry out major activities such as bathing, toileting, dressing or eating. An additional 24% are limited in activity and often need some help to stay independent. Portions of this former group who are not yet sick enough to be placed in a nursing home are candidates for home care or assisted care, while the latter group seeks either family assistance, limited home care or congregate care to compensate for losses in ability to function.

Between 1980 and 2000, the number of older people suffering some degree of limitation in daily activities will increase by 52% from 10.8 million to 16.4 million. During the same interval, the demand for nursing home beds is predicted to increase from 1.2 million to 2.2 million. Clearly the next 12 years will bring with it a demand for creative, skillfully designed environments made with concern for the independence and dignity of the older person.

—Victor Regnier, AIA

Design For The Semi-Independent Elderly

SENSITIVE ENVIRONMENTS THAT OVERCOME BARRIERS

BY VICTOR REGNIER, AIA

Although awkward design solutions within any context are annoying and troublesome, for the older semi-independent person these problems can be devastating. The older person is far more dependent on a skillfully and sensitively planned environment than younger counterparts who can overcome barriers. The architect's role becomes a critical one. She can either design to extend independence and overcome barriers or, through ignorance and insensitivity, place the older person "at risk."

Findings from dozens of research projects, reported in detail in *Housing the Aged: Design Directives and Policy Considerations* (Regnier and Pynoos, 1987), identified the following 10 concepts as salient to the design of housing for semi-independent elderly: unit design, unit and project adaptability, outdoor space use, exercise features, wayfinding ability, residential corridors, use patterns and socialization, centralization and decentralization, management and design and technology.

UNIT DESIGN

One major trend at the unit scale is a strong preference for larger arrangements. A study by Laventhol and Horowath (1983) provides evidence of the increasing size of the "average" dwelling unit in Continuing Care Retirement Community (CCRC) housing. Ten years ago, studios and one bedroom apartments predominated; today one and two bedroom units are considered the norm. A popular two bedroom arrangement is the "swing" room. In this design, the second bedroom is placed adjacent to the living room and connected by a four to six foot passageway that can be closed. This room can function either as an extension of the living room or as a private bedroom. As a living room extension it could be a den, hobby area, office or formal dining room.

One dwelling unit feature that has changed a great deal is the kitchen. Ten years ago a small compact "galley" kitchen was considered sufficient. Today, older residents prefer larger, more convenient kitchens, with space for a small table, if possible. Projects that provide the choice of meals in a group dining room and the option of preparing meals in one's own unit are popular. Decentralized storage and display space continues to be an important priority.

ADAPTABILITY

As a housing facility ages, so do the residents within that setting. In an analysis of two congregate facilities on the Philadelphia Geriatric Center campus, researchers Lawton, Greenbaum and Liebowitz (1980) found that for every year the building aged, the average age of residents increased by .5 to .7 years. This means that within a 10 year period, an initial in-moving group of average age 78 can end up at an average age of 85. This raises a management and design question: Should we create a



WILLIAM HELSEL

(Top) Exercise is an important activity for seniors. Kimochi Board and Care Home, San Francisco. Architect: VBN Corporation, Architects.



(Center) Urban projects constructed at higher densities have a limited amount of outdoor space. Balconies are an architectural feature that can improve overall aesthetic appearance, provide a "controlled" view from the interior of the unit and control the sun. Ceatrice Polite Apartments, San Francisco. Architect: Robert Herman Associates.

JANICE FILLIP



Courtyard design is an effective way to use limited outdoor space to support activities and create a pleasant environment. At Kings Road, a central entry court serves as a social space. A view of the street, placement of common activity spaces on the edge of the court, and a secured separation from the street make this a popular place for socializing. Kings Road, Los Angeles. Architect: Bobrow/Thomas and Associates and Charles Moore/Urban Innovations Group.

unit that accommodates changing competency or move people to safer settings where they can receive more support?

If we decide to adapt a unit, the kitchen and bathroom require the most attention to enhance continued independence. Adaptable environments that can be changed as the older person's physiological limitations increase was the subject of work by Edward Steinfeld (1987). In his kitchen design, sinks can be lowered, pantry storage is provided for easy access, double door refrigerators and eye level ovens are specified, and the lowest cabinet shelf is only 48 inches from the floor. Design concepts derived from human factors research form the basis for an innovative kitchen design by LIFESPEC Cabinet Systems (Klein, 1988).

Grab bars are important for support, particularly in the bathroom. A shower with appropriate handrails, a seat and scald-proof fixtures are safety conscious features in congregate housing. In 1976, industrial designer Joseph Koncelik published the first set of ideas about fixtures developed especially for long-term care facilities. Koncelik designed bathrooms with features such as toilets with built-in side support to aid entry and exit; sinks with side mounted fixtures and shrouded waste pipes; and ample lateral storage for personal items within the limited reach capacity of the older person.

OUTDOOR SPACE

The landscape environment is often critical for housing satisfaction because older people tend to spend more time on the site than non-retirees. Urban projects constructed at higher densities limit the amount of outdoor space. What space is available must be used strategically to support outdoor activities and create a pleasant aesthetic milieu.

Spaces on site edges linked to major entry patios are appealing because residents use them to passively and vicariously survey surrounding neighborhood activities. These spaces can also serve as "pick up" or "drop off" areas for residents waiting for rides. Linking an outdoor space to the dining room can effectively activate a space and, when not in use, can continue to provide walking opportunities for exercise and pleasure. Walkways combined with an outdoor exercise "par-course" can transform a landscape design into an exercise amenity.

EXERCISE FEATURES

Recent research shows strong support for exercise programs and spaces. Physiologists claim swimming is one of the best forms of exercise for older people. A swimming pool is most effective when combined with an exercise room and placed away from the mainstream of activity. Swimming pools placed in central courtyard locations and conceptualized as social amenities are rarely used for their intended purpose. Exercise rooms vary from small self-directed spaces to larger facilities open to the community and staffed by exercise physiologists.

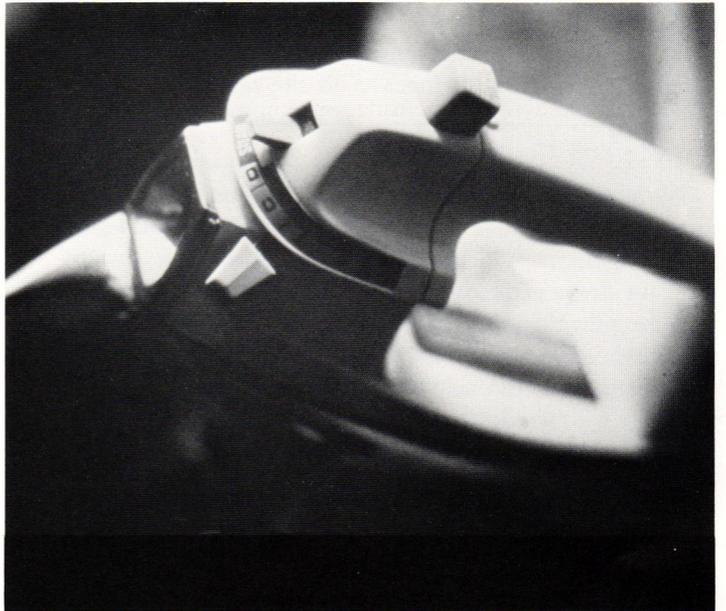
WAYFINDING

Orientation and navigation within the environment is sometimes more of a problem for older people than younger age groups. The physiological deterioration that occurs with age, particularly in the area of sensory loss, has far-reaching implications for all aspects of architecture and planning.

Normal losses due to aging affect hearing and vision. Muscles



SANDY MARKS



(Top) Opening corridors and lounges to off-site views can serve as an orientation device. Ceatrice Polite Apartments, San Francisco. Architect: Robert Herman Associates.

(Bottom) The physiological deterioration that occurs with normal aging has far-reaching implications for all aspects of architecture and planning. Pastalan's "emphatic lens" simulates the vision loss that normally occurs with aging.

in the aging eye relax and the cornea yellows. These losses lead to a decrease in visual acuity, an inability to function at low light levels, and a decrease in the ability to discern color intensities and judge distances. Because it takes three times as much light for normal visual acuity at age 80 than age 25, glare is frequently a problem. Avoiding single-point light sources and major differences in light level can help to minimize problems with glare.

Poorly designed graphics also can present problems. Low "figure to ground" contrast on signs make them difficult to read. White letters on a dark background provide the best type of contrast.

A few simple guidelines will help avoid major disorientation problems:

First: Avoid complex curvilinear building footprints.

Second: Use orientation maps strategically throughout the facility to reinforce the older person's internalized "cognitive map" of the environment.

Third: Place directional graphics at key decision points throughout the facility.

Fourth: Use the external environment as an orienting device opening corridors and lounges to off-site views.

RESIDENTIAL CORRIDORS

The site densities and compact building configurations used to create congregate housing often require the use of double loaded corridors. Widening the corridor at the unit entry by using an alcove can reduce the perceived length of the corridor, increase individual unit definition and concentrate light where it is needed. Using single loaded and double loaded corridors in combination also can help to reduce monotony. Single loaded corridors with windows can enhance the options for corridor design. The most important goal is to create individual self expression. A lounge area opened to the surrounding environment not only facilitates orientation, but daylights the corridor, provides a comfortable sitting area and increases the spatial variety of the adjacent double loaded corridor.

USE PATTERNS AND SOCIALIZATION

Visualizing how the building will be used after occupancy is very important in making fundamental decisions about where to locate various spaces. If placed appropriately, common spaces will be used more and the activity generated will make the place seem "friendlier." Increasing the number of informal social exchanges and new friendship formations also can reduce depression and increase resident morale.

Four fundamental types of space support common activity patterns: daily activity generators, informal interaction spaces, scheduled activity spaces and special purpose/special constituency group spaces. Daily activity generators like the dining room, mail room and entry are the most powerful spaces because they attract residents on a predictable basis. They provide the foundation for activity development. Informal interaction spaces like a cafe, entry lounge and living room are "spur of the moment" settings where chance encounters occur. They should be located near major circulation paths in centralized areas.

Scheduled activity spaces like an assembly room, beauty/barber and doctor's offices, will attract residents who seek out these settings. They can be located in less convenient areas like a second floor location. Special purpose/constituency group

spaces like crafts areas, card rooms and billiards spaces may have limited appeal, so their design should make them more approachable by incorporating wall or door transparencies that allow people to see inside these spaces and decide whether to enter. Layering and combining these spatial types can lead to even richer settings.

Spaces intended for social activity should also take into account problems of hearing loss. Progressive hearing loss leads to two tendencies: the inability to hear high frequency sounds and a reduced ability to hear sounds in general. Frequencies above 2000 cycles per second are often lost, garbling the meaning of words. Background noises of low frequency also interfere with normal conversations. This has particular importance in the specification of materials. Sound-absorbing material can enhance communication, while hard-surface materials can reduce a person's ability as well as desire to use a space.

CENTRALIZATION AND DECENTRALIZATION

Behavioral research strongly suggests that residents use clearly defined private or public spaces, but rarely use poorly defined decentralized "neighborhood lounge" spaces. Often these lounges are created out of "leftover" space from intersecting corridors and are not very interesting places. Residents prefer to be either by themselves in their unit carrying out activities like food preparation, reading or watching TV or in lively, stimulating community spaces that support group activities and trigger informal interaction.

Centralizing activity spaces and social areas near the circulation path that links the front door with the elevator is a powerful way to create a "sense of place." Grouping these functions into a "main street" area allows older residents a place to see others and to be seen. Merging and connecting library alcoves, cafe spaces and lounge areas can help to energize this part of the facility by providing a critical mass of activity. Older residents are attracted to these types of settings because they are active places that provide a variety of opportunities for interaction. These types of common spaces provide an alternative to the private dwelling unit and allow the resident a clear choice between a setting for community interaction and a setting that supports the need for privacy.

Clustering activities in one space is often by itself not enough to guarantee their success. Spaces need to be "linked" to one another and nearby circulation pathways through portals, half walls, screens or windows. These "linking devices" can be effective in creating opportunities for previewing these spaces. Previewing allows the resident to see into a space before making a formal commitment to enter the space.

MANAGEMENT AND DESIGN

How does the management appear to residents and visitors? Management style and image can take many forms and will often change as the housing project moves from independent to dependent status. In higher income retirement hotel-type housing, a reception counter symbolizes hospitality and security. Located near the front door, it suggests to all that enter the facility that management is "in charge" and will provide support and help to its older residents. Management also can appear more informal and approachable by using a piece of furniture like a desk for initial contact. Selecting the wrong mechanism



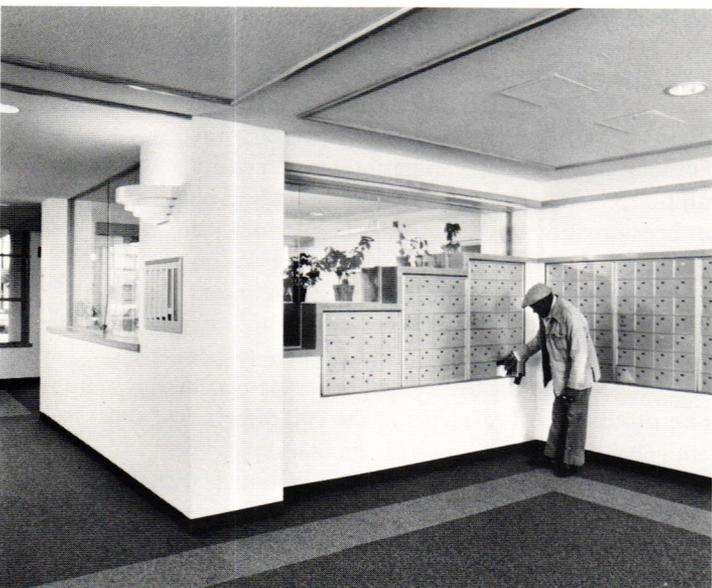
(Top) This European example combines a sisal mat, brick wall surface, tile floor, address identification plate, storage cabinet, wood ceiling reveal and plant shelf to create a feeling of self expression at the unit entry. (Source Hoglund, D. *Housing for the Elderly*, New York: Van Nostrand Reinhold.)

(Middle) To increase the opportunities for spontaneous encounters, cafes can be located near major circulation paths in centralized areas. Woolf House, San Francisco. Architect: Robert Herman Associates.

(Bottom) A reception center located near the front door suggests that management is "in charge" and available to provide support and security. Rosa Parks Senior Apartments, San Francisco. Architect: Marquis Associates.



SANDY MARKS



WILLIAM HEISEL

for contact can make the management appear distant, cold or intimidating.

TECHNOLOGY

Continued advancements in product design, driven by the market demands of an aging population, have made a greater range of new appliances, fixtures and control devices available every year. These newer products frequently are not specified by architects and interior designers who often rely on conventional solutions. For example, continuing to specify round doorknobs despite 30 years of evidence that the twisting motion needed to operate a knob can lead to arthritis of the wrist is proof of the gap that exists between knowledge and implementation.

The specification of specialized hardware should be done in a way that does not "stigmatize" the setting. The appearance of highly-institutional hardware can affect the individual's self-assessment and morale. Architects must walk a narrow line between designing under- and over-supportive settings. Often a staged design that accommodates increased impairment and adapts to the residents' changing needs is the best approach. Good examples of flexible accommodating environments, however, are difficult to find.

Advanced technology will allow more effective and comprehensive monitoring of health and physical security in the future. NASA transfer technology, in combination with new wiring systems like the NAHB Smart house, will likely introduce a new range of electro-mechanical and communication devices to insure independence. New advanced technology probably will first be introduced in exercise and self-health monitoring.

CONCLUSION

Although research in this area has given us a handle on the mistakes of the past, predicting future responses from past experience is a troublesome and complicated dilemma. Complete dependence on past research is a little like driving a car by only looking in the rear view mirror. To anticipate the changing preferences and needs of the older population, implement new advances in product designs and technology, and respond to humanistic aspects of changing therapeutic interventions, we need to have our full attention focused on the problem at hand. Combining technical competence based on a clear understanding of past research with an intuitive grasp of the opportunities implicit in possible new solutions is the best approach to the problem. When one's intuitive problem solving methodology is not informed by past mistakes, future decision-making accuracy can be greatly impaired.

Although research may provide only a limited "rear view mirror" picture, this view is enormously useful in avoiding accidents and in guiding the next move.

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GERALD RAITO

Before

The new lobby is reached through the new entrance arcade that provides a sheltered arrival point at the street. The extension of the lobby to the street develops a territory and defines the building as private property. The entrance lobby provides a "front porch" from which residents can watch street activity.



WILLIAM HEISEL

Rosa Parks Senior Apartments, San Francisco. Architect: Marquis Associates.

Architecture: A Social Art

HUMANIST ISSUES IN ELDERLY HOUSING

FROM A TALK BY ROBERT MARQUIS, FAIA

Architecture is a social art that must serve society's needs. The emphasis of architecture should be on the user, on humanist issues, rather than on formalist and other esoteric concerns. As James Marston Fitch said, "Architecture's central purpose is to act on man's behalf."

Who is the real client—the person who uses the building or the person or institution who pays the architect? How can we architects find out who the user is, and understand the user's functional, psychological and spiritual needs? How do we find the answers to these questions and use those answers as design determinants?

Recently we confronted these questions in the conversion of Yerba Buena Plaza into elderly housing. A public housing project originally built for low income families by the San Francisco Housing Authority in 1962, Yerba Buena Plaza was run-down, vandalized and crime-ridden. The "Pink Palace," so named because of its color scheme, was being compared with the infamous Pruitt Igoe and was slated for demolition. To solve what had become a political and social problem, Marquis Associates was asked to transform the building into attractive, comfortable and secure housing for the elderly. The Rosa Parks Senior Apartments were occupied in January, 1985.

To identify the needs of the elderly user group, we worked in collaboration with social scientist Clare Cooper-Marcus—a professor in the Departments of Architecture and Landscape Architecture at the University of California, Berkeley and an expert in the field of environmental psychology and housing.

Together we visited six comparable high rise elderly housing projects and interviewed building managers regarding resident use of social rooms and outdoor spaces, and the residents' reaction to apartment design. Books on design of elderly housing, such as Sandra Howell's *Design for Aging*, were reviewed and post-occupancy evaluations of comparable projects were consulted. Issues significant to aging persons were evaluated during brainstorming sessions with Cooper-Marcus, the design team and housing authority personnel. Design guidelines based on this research became factors governing the program and design solution.

Our study determined that user needs fell into five categories: physiological, psychological, social, economic and aesthetic. A few examples show how these needs were met in the redesign.

Physiological issues included fear of failing health, impaired vision, hearing loss and sensitivity to temperature changes. These factors were addressed by providing office space for a public health nurse, installing intercom security and emergency call buttons in each apartment, and avoiding highly reflective surfaces or surfaces that appear slippery or create glare. Areas that capture sunlight were provided both indoors and out.

Economic considerations dealt with the users' need to economize and their lack of mobility. Ample visitor parking, numerous areas for activity options, such as spaces for gardening (waist-high vegetable beds), spaces for art classes and a library, were provided. All residents in the 200 refurbished units have rent subsidized at 30% of their incomes.

Psychological and social concerns included: withdrawal from the world, loneliness, excessive free time, shyness, more elderly women than men, fear of crime and accidents, the trauma of moving into a large institution, and a lack of self-worth and



WILLIAM HEISEL

The windy, open corridors were enclosed and treated as "streets." When we enclosed the corridors, we introduced archways to disguise the ventilation ducts for the kitchens and bathrooms that previously had discharged into the open corridor. The front door of each unit was treated as a front porch, with a bench for waiting or leaving parcels.



JANICE FILLIP

In response to the urban setting, we developed a number of choices for outdoor spaces. The main asphalt courtyard was replaced with a grassy park. A smaller, east-facing courtyard has a large, sunny patio and is landscaped with shrubs and trees.



Before

self-maintenance. We addressed these issues in a variety of ways. The reception desk was placed where it could survey and provide security for the entrance lobby and the mail box area. Full-length mirrors were provided in the bedrooms. Sheltered waiting areas, a special men's lounge, individual seating for the reclusive and group seating for the gregarious were provided both indoors and out.

We were particularly careful to create an atmosphere in which the elderly residents would not feel shut in and would have a sense of control and individuality in their new homes. Every effort was made to provide a safe, pleasant environment with a maximum of dignity and activity options.

To our surprise, research showed that San Francisco's elderly population had an aesthetic preference for "modern looking" over "older style" buildings. Design, color and graphics, therefore, intend to give a contemporary, noninstitutional image. To dispel the negative "Pink Palace" image and to reduce the apparent bulk and scale of the building, we resorted to a "camouflage of color," using a scheme developed with us by graphic designer Deborah Sussman of Sussman/Prejza.

The existing building was completely rehabilitated for \$9.25 million, about half the estimated cost of constructing a new building. (The project was financed by HUD with about \$2

continued on page 38

Shared Housing



The Liffman House, Santa Monica. Architect: Koning Eizenberg Architecture.

INDEPENDENCE THROUGH INTERDEPENDENCE

BY CHESTER A. WIDOM, AIA

Alternative Living for the Aging (ALA) was formed in 1978 to provide alternatives to institutional housing for the ever-increasing senior population. Due to a change in the status of the nuclear family and to advances in medical care that result in longer and healthier lives, more and more seniors are finding themselves no longer able to live alone, yet not wanting or requiring the environment of board and care, congregate care or skilled nursing facilities.

The housing needs of the healthy and reasonably active 70 to 90 year old include not only economical shelter, but also safety and companionship. ALA is pioneering the development of a continuum of housing options by matching seniors who wish to live with another person in a private home or apartment, and by developing various prototypes for cooperative extended family living environments.

An estimated 300,000 California homes with three or more bedrooms currently are occupied by one senior. While many of these people are perfectly content in this lifestyle, others face economic problems, feel insecure or unsafe and are hungry for companionship. Our shared housing program facilitates the matching of seniors who see advantages in shared housing.

To date ALA has matched over 2,500 people. While most "matches" are between seniors, some seniors are matched with students who provide shopping, transportation or household assistance as their contribution to the "family." The program includes extensive counseling by professional social workers before and during the matching process. Funding for this program and the general administration of ALA is through a combination of government grants, grants from various foundations and private donations.

PROTOTYPE: CO-OP HOUSES

For many seniors, co-op houses are a viable alternative to institutions and to living alone. This family-type living arrangement brings together 9 to 14 older people who contribute their time, funds, work and cooperation to the daily functioning of the homes. In each house, residents have their own private bedroom and bath. They prepare most of their own meals in the house kitchen. On five evenings a week, residents share meals and assist a cook in planning, preparation and clean up. Common areas provide space for normal "family" activities.

Co-op #1, completed in 1982 by Bruce Sternberg, AIA, is a remodel of a vintage 1930 two-story duplex. A new elevator and stairway were added to connect the existing apartments internally, and four new bedrooms and baths were added. Renovation to the existing building included the addition of three new private bathrooms, remodeling the kitchen and general updating to meet the specific safety and comfort needs of the residents.

Co-op #2, the Rothman House, completed in 1985, was a renovation by Martin Gelber, AIA of two adjacent one story houses originally designed to house teenage girls. The work at Co-op #2 focused on connecting the two buildings, providing private baths for each bedroom and adapting the house to the specific needs of seniors.

The Co-op concept works for those seniors in a low income level who have the spirit and willingness to experiment within a more adventurous lifestyle. As one resident told me upon moving into Co-op #1, "For the first time in many years, I am part of a living family." ALA provides ongoing counseling to both houses and assists the "family" in their internal management of the houses. Funding for these houses was provided by a combination of government grants and loans and private contributions.

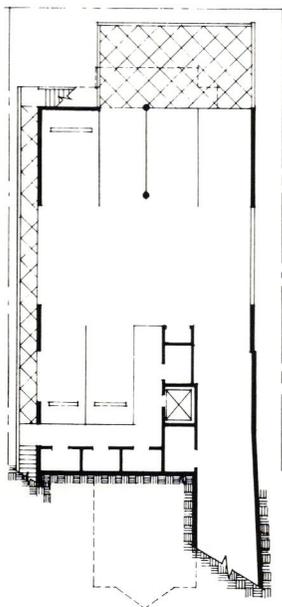
PROTOTYPE: INTERDEPENDENT APARTMENT LIVING

In 1986, the City of Los Angeles was faced with the possible destruction of the historically significant El Greco Apartments in Westwood. The 1929 Spanish Courtyard building designed by Walter S. and Pierpont Davis and consisting of six single and six one bedroom apartments was scheduled for demolition by a developer. The city convinced the developer to award title to ALA and contribute a portion of the funds toward relocating the structure to another site for development as senior housing. The building configuration and ALA's desire to develop a prototype for a different segment of the senior community led toward a new model type.

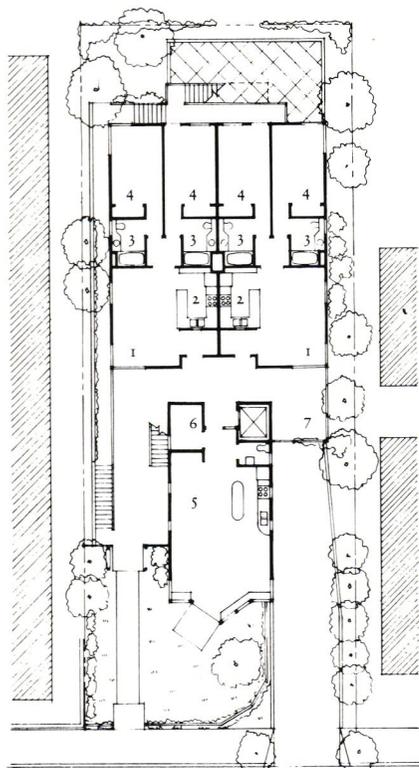
In this lifestyle, seniors live in independent apartments and community activities focus around the courtyard and within the residents' apartments. The ALA social workers work closely with the residents to develop and maintain a sense of family that includes a "buddy" system, whereby residents are paired and "check up" on each other at least once a day. In spite of the lack of interior community space on this project, the residents have developed a special bond. As one resident put it, "This place is an oasis in a social desert."

Funding for the El Greco was provided with public/private cooperation using California Historical Preservation grants, a grant from the City of Los Angeles, private donations and the creation of a separate partnership that used private funds to

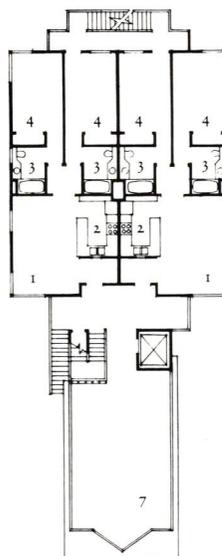
Parking Level Plan



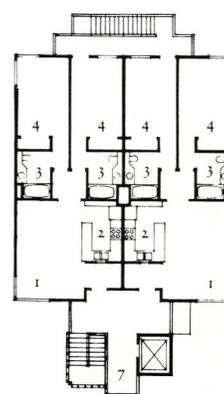
Ground Floor Plan



Second Floor Plan



Third Floor Plan



- 1 Living/Dining
 - 2 Kitchen
 - 3 Bath
 - 4 Bedroom
 - 5 Community Room
 - 6 Laundry
 - 7 Outdoor Deck
- 5,400 sf Six 2-bedroom, 2-bath suites
900 sf each
- 525 sf Community Room
- 2,650 sf Parking, Mechanical, Service
- 8,575 sf Total

obtain federal tax benefits for the preservation of a historical structure. The restoration architect for the El Greco (David and Sylvia Weisz Family Courtyard and Apartments) was deBretteville and Polyzoides.

PROTOTYPE: SHARED HOUSING WITHIN AN INTERDEPENDENT APARTMENT COMMUNITY

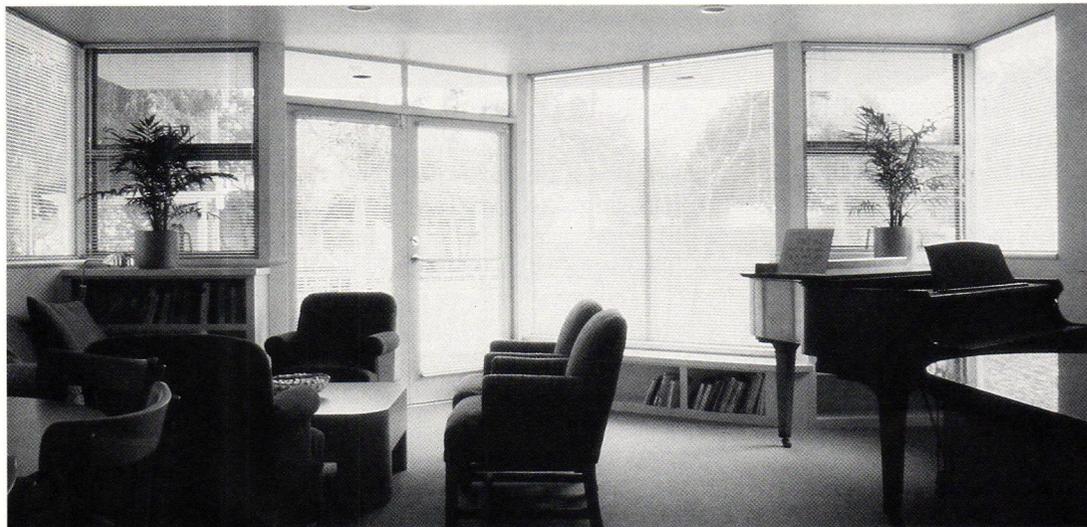
Completed in December, 1987, the Liffman House in Santa Monica combines our shared housing program with an interdependent apartment concept. Consisting of six two bedroom/two bath apartments and a community room, this project brings together two seniors to form a new family unit within each apartment and brings each of the six families into a large extended family.

As ALA's first new construction venture, we were able to focus on correcting many of the compromises required in the

earlier rehab projects. The architects, Konig and Eizenberg, placed more emphasis on various ergonomic issues relating to seniors and were able to develop specific interior and exterior community spaces. Again, funding for the Liffman House was a public/private venture with the City of Santa Monica and a private donor.

We architects often lament the secondary role that is given to our efforts and our diminishing leadership role in the community as a whole, and specifically within the building process. My involvement in ALA—as a founder, as the vice president for facilities and as the president—has allowed me to reverse that trend, at least for myself, and to realize great personal gratification as a citizen helping solve real societal problems.

Chester A. Widom, AIA is principal in the Los Angeles firm of Widom Wein Cohen and is First Vice President/President Elect of the California Council, the American Institute of Architects.



- Project:**
Liffman House
- Client:**
Alternative Living For The Aging
- Architect:**
Koning Eizenberg Architecture;
project architect, Chris Hendriks
- Engineer:**
Fejes Davis Structural Engineers
- General Contractor:**
Thomas Bedkosian with
Randy Donabedian
- Interior Design:**
Evelyn Cohen + Associates
- Landscape Architect:**
Koning Eizenberg Architecture
- Energy Consultant:**
Campbell Hendriks

Retirement On \$32 A Day

THE GOLDEN YEARS IN THE GOLDEN STATE

BY JANICE FILLIP

One out of every four households in California was comprised of people 65 or older when the last census was taken in 1980. That year, the elderly accounted for 18% of all "low income" households in California. Those 1.5 million elderly households enjoyed a median yearly income of \$11,764—about \$32 a day.

The construction of adequate, affordable housing for our elderly poor is not lucrative enough to attract private developers who prefer to target upscale markets. Private sector financing for "specialty real estate" is difficult to acquire so, for the past 20 years, support for low-income housing has come primarily from the federal government through direct assistance and tax incentives. About 39% of all households assisted through the Department of Housing and Urban Development's (HUD) various programs were elderly.

Funding for all federal housing programs virtually has ceased to exist under the Reagan Administration. As noted in the *California Statewide Housing Plan*, "Most new construction and rehabilitation programs have already been eliminated or severely cut in funding: the Section 8 New Construction Program, the Substantial Rehabilitation and Moderate Rehabilitation Programs, the Conventional Public Housing Program, the Section 202 Housing Program for the Elderly and Handicapped, and the Section 312 Rehabilitation Loan Program."

Now one of the last remaining vehicles to finance low-income housing is about to be eliminated. Tax-exempt municipal bonds have enabled local governments to work with nonprofit organization and developers to finance low-income housing. The Federal Tax Reform Act of 1986 significantly reduced the effectiveness of this funding mechanism. The Act set a statewide volume cap on the amount of money that can be raised through tax-exempt bonds and determined that low-income housing must now compete with other uses for bond revenue. "These caps will result in major reductions in the volume of tax-exempt bonds issued to finance both single and multifamily housing in California," according to the *California Statewide Housing Plan*.

The ability to issue tax exempt bonds is particularly important to the California Housing Finance Agency (CHFA) which was established in 1975 to provide below-market interest rate financing for the development of affordable single-family (owner-occupied) and multifamily rental housing. CHFA raises funds for mortgage financing in capital markets through sale of tax-exempt revenue bonds. The agency's indebtedness is not repaid with tax dollars, but from revenues derived through the repayment of its mortgage loans. Through 1987, CHFA financed over 40,000 housing units.

Yet the authority for any state to issue tax-exempt mortgage revenue bonds (MRBs) will end this December unless Congress enacts two bills pending in the Ways and Means Committees of the respective houses: S.1522 and H.R. 2640. Letters expressing support for the extension of the Mortgage Revenue Bond Program should be sent to your Congressional members at the

House Office Building, Washington, DC 20525. Representatives Fortney H. (Pete) Stark (D), Robert Matsui (D) and William M. Thomas (R) should also be contacted as members of the House Ways and Means Committee.

If California is unable to issue tax-exempt bonds next year, the CHFA programs likely to be effected include: the multi-family program that provides permanent financing to buildings and developers of multi-unit family, elderly and congregate rental housing; the single family program that provides permanent mortgage financing for first-time home buyers; the State/Local Rental Housing Program, the only program of its kind in United States to finance the development of cost-effective rental housing for low income households; and the Multifamily Rehabilitation and Infill New Construction Program. (For more information on these programs, contact CHFA, 1121 L Street, Seventh Floor, Sacramento, CA 95814, [916] 492-3991.)

The three projects on the following pages were designed for elderly Californians who live in poverty. Each was achieved through a mix of private and public financing that may be impossible to replicate in the future.

Castillo Homes was built in 1987 by a nonprofit housing developer, the Santa Barbara Community Housing Corporation, with financial support from the City Redevelopment Agency, CHFA and a local bank. The primary source of funds was a loan through the sale of tax-exempt bonds. Secondary loans were generated from a tax increment in the redevelopment district. The city gave grant support to the developer for acquisition of land and a rehabilitation loan was acquired through the California deferred Payment Rehabilitation Loan program (HCD).

Riverview Plaza was designed for the Housing Authority of the City of Sacramento, which provides 12,000 units of assisted housing. The \$15 million mixed-use project was funded through HUD's Housing Development Action Grant, Community Development Block Grant and deferred loan program, through the Sacramento Housing and Redevelopment Agency, and through loans from CHFA.

Mendelsohn House in San Francisco is an excellent study of how grassroots political pressure can change public housing policy. The 87 acre site selected for the Yerba Buena Center (YBC) complex was the city's low-rent district where some 4,000 low-income retired people lived in residential hotels. When the Redevelopment Agency began to acquire the hotels and evict residents in 1967, the residents—many former trade unionists—organized Tenants and Owners in Opposition to Redevelopment (TOOR) and brought suit. Federal Judge Stanley Weigel enjoined the entire \$385 million project until the Redevelopment Agency agreed to rehabilitate 1,500 to 1,800 low-rent units outside the redevelopment area and to provide additional replacement housing within the Yerba Buena project area itself.

The city's hotel tax was raised from 5.5% to 6% and the new revenue (estimated at \$500,000 a year) was used to finance the construction of Woolf House, the Ceatrice Polite Apartments and Mendelsohn House. Under director John Elberling, the Tenants and Owners Development Corporation (TODCO)—TOOR's housing development corporation—had overall responsibility for architect selection and development of the projects it now manages.



PAUL E. SHARP

**CASTILLO HOMES
SANTA BARBARA
L. DENNIS THOMPSON, AIA**

Our half acre site was located close to downtown shopping and public transit routes in a neighborhood of older Craftsman-style houses. The site was occupied by five single family houses and garages on separate lots. One of the houses and all of the garages were in poor condition. Since the City of Santa Barbara has an urban design commitment to maintain the city's distinctive streetscapes through the rehabilitation of existing buildings, we developed a plan to convert the four houses into eight one bedroom apartments and a lounge. The existing exteriors provided the architectural theme for the new construction and the streetscape was left largely intact.

The new construction consists of four two story buildings placed behind the existing houses. The new buildings contain 24 one bedroom apartments of about 500 square feet each, with two slightly different floor plans. This organization achieved a density of 37 units per acre, which is rare in Santa Barbara.

We wanted the buildings and the landscape to be attractive and "homey," and to make the small interiors feel as spacious and light as possible. All new ground floor apartments are adaptable for handicapped tenants, and three are fully accessible. A central chairlift is provided

at one of the stairs. All upper floor units are connected by a continuous walkway, both to assist access and to encourage socializing. All apartments have either a small porch or patio.

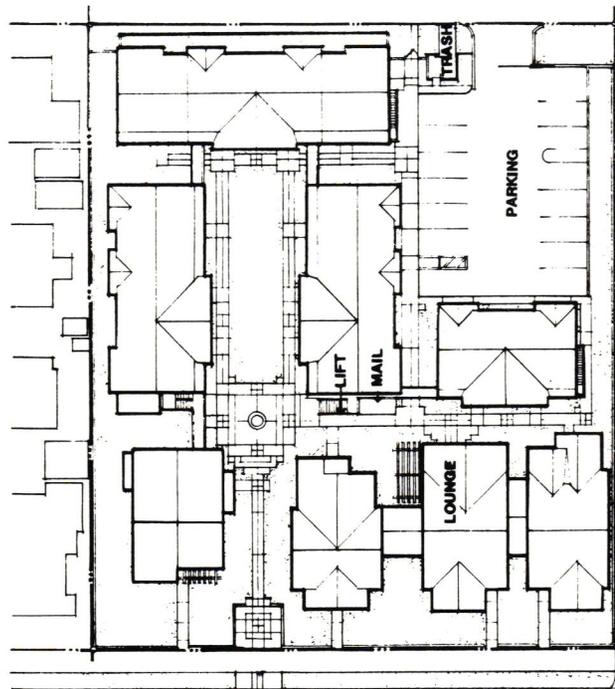
The new buildings are arranged to create a courtyard in the tradition of Santa Barbara's housing of the 1920s and 1930s. This courtyard provides an attractive garden view from the street and frames a view of the mountains. A secondary courtyard contains the lounge, a cen-

tral laundry room and the mail-box area, which were designed to be the primary gathering places in the project.

During design development, we used two methods to determine the special needs of the low-income elderly residents. The first was reference to the literature on design for seniors. The second method was a discussion of design details with residents of an existing housing project that had a program and population similar to ours.

When we faced the tough budget decisions during the bidding process, we had to eliminate some of the special features originally specified, such as screen doors, garbage disposals, outdoor benches and the emergency call system. Cabinets were hung at standard heights and were very low-budget. Conventional shower heads and controls were used instead of those with scald protection.

A post-occupancy survey we conducted among the residents gave the project high overall ratings. A substantial majority said the project was "very successful," the building interiors and exteriors "very attractive" and that all rooms were the "right size."



- Project:**
Castillo Homes
- Client:**
Santa Barbara Housing Corporation
- Architect:**
L. Dennis Thompson, AIA
- Associate Architect:**
Susette H.H.C. Naylor, AIA;
William Hutchins
- Structural Engineer:**
Frolenko Engineering
- Mechanical Engineer:**
Thomas-Miller Associates
- Electrical Engineer:**
John Buss & Associates
- General Contractor:**
Landmark Homes
- Interior Design:**
L. Dennis Thompson, AIA
- Landscape Architect:**
Cunningham Design, Inc.



**RIVERVIEW PLAZA
SACRAMENTO
ASSOCIATED ARCHITECTS:
RAYMOND VAIL ASSOCIATES/
TAKATA & SUGIOKA
ARCHITECTS**

This mixed-use project features two floors of commercial space and a 14 floor residential tower that provides 123 one bedroom units and a two bedroom manager's unit. The 25,000 square foot commercial space is organized around a two story interior agora. Space will be leased to retail and professional businesses that offer services to seniors. A child care center located on the first floor will involve senior residents in a variety of inter-generational programs. To provide additional security for residents, the public lobby is separate from the entrance to the residential tower, which is accessed through a card-key system. Riverview Plaza is part of a downtown revitalization effort, and is scheduled for occupancy in September.

The goal of the design team to create a community atmosphere resulted in the unique organization of residential floors. The 12 apartment floors are treated in two floor modules of 20 units. Each two-floor group functions around a two story community living room with a fireplace, an activity room and common facilities such as elevator, laundry and storage. The circulation pattern promotes interaction among residents.

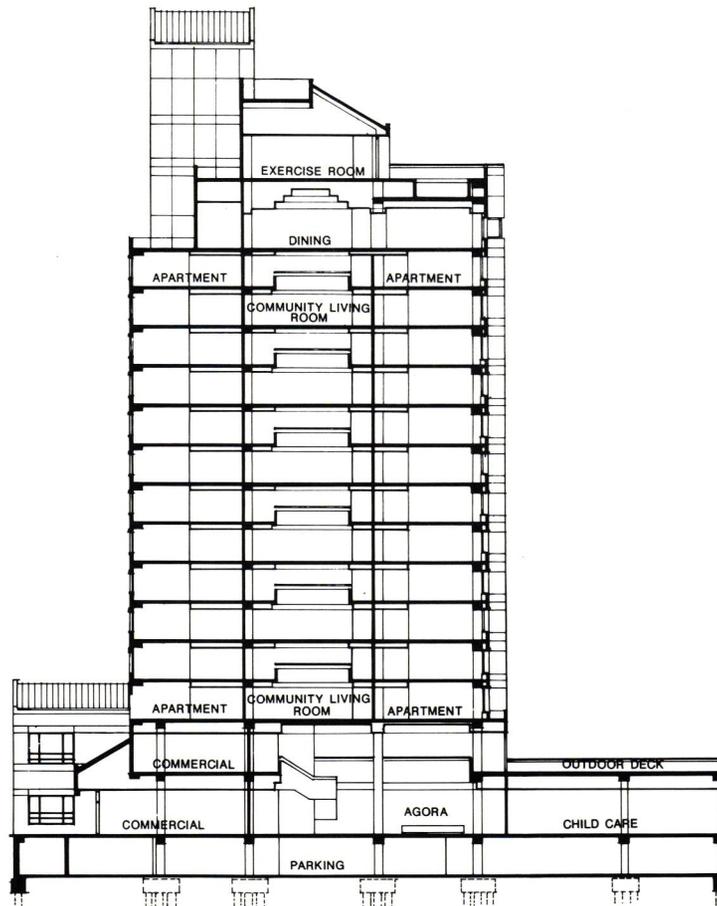
Each community activity room has a differing function, such as

music, library, health screening, arts and crafts and television. By spacing the activity rooms over 12 floors, we hope to create additional movement and visitation among residents on different floors. Glass along the exterior wall of the activity room permits light to pass through to the community room. The introduction of daylight, coupled with the two story height of the community room, creates a spacious room that eliminates the closed-in feeling often associated with residential high rise buildings.

The optimum group size to promote socialization among residents was determined in collaboration with Dolly Cutler, a consultant on aging. A series of meetings with elderly community groups defined the different activities needed (although the spaces are flexible to handle changing programs).

Residents at Riverview Plaza are provided one meal a day at the communal dining facility. A full commercial kitchen is located on the fifteenth floor, along with a dining room for 150 persons and two outdoor covered and uncovered dining terraces, all of which enjoy spectacular views. Within the units, kitchen cabinets and sinks are easily converted to meet accessibility requirements should the resident become handicapped.

The recreation room on the sixteenth floor provides an exercise room and an outdoor, 3.5 foot deep, heated lap pool. (The lap pool doubles as the emergency fire sprinkler water storage tank.)



- Project:** Riverview Plaza
Client: Housing Authority of the City of Sacramento
Architect: Raymond Vail Associates/Takata & Sugioka, Associated Architects; Ray Takata, AIA, principal project architect; project designers: Steven Sugioka, AIA and Mitch McCallister, AIA; Jerry Schroder AIA, principal-in-charge for RVA
Structural Engineer: Cole, Yee, Schubert & Associates
Mechanical Engineer: Edward J. Rios & Associates
Electrical Engineer: Norberg Engineering
General Contractor: Campbell Construction
Consultants: Dolli Cutler, Aging; Reno Hoefler Associates, Kitchen

**MENDELSON HOUSE
SAN FRANCISCO
ROBERT HERMAN ASSOCIATES**

Our work with the single, elderly, urban poor has identified a number of critical design issues.

First is the need to establish continuity with the residents' background. The use of a familiar architectural vocabulary and materials can ensure a measure of continuity and reduce the trauma of relocation of a new home.

Second, we avoid closed-in solutions that remove the elderly from the outside world. New living quarters can be integrated into the neighborhood from a functional, as well as a design

perspective. Locating retail shops and community services at the ground floor of urban housing helps to connect the elderly with their neighborhoods. A plan that provides residents with a variety of ways to look out to the street and for neighbors to look in can be achieved without jeopardizing the need for security. Within this context, it is important to remember that senior citizens are very conscious of territory. They have an acute sensitivity to individual versus communal spaces and to the designation and use of space for building residents versus outsiders.

Interaction among residents can be achieved by providing a

variety of activity areas. Mendelsohn House has many distinct activity spaces, arranged to encourage mixing among people who might otherwise have difficulty socializing.

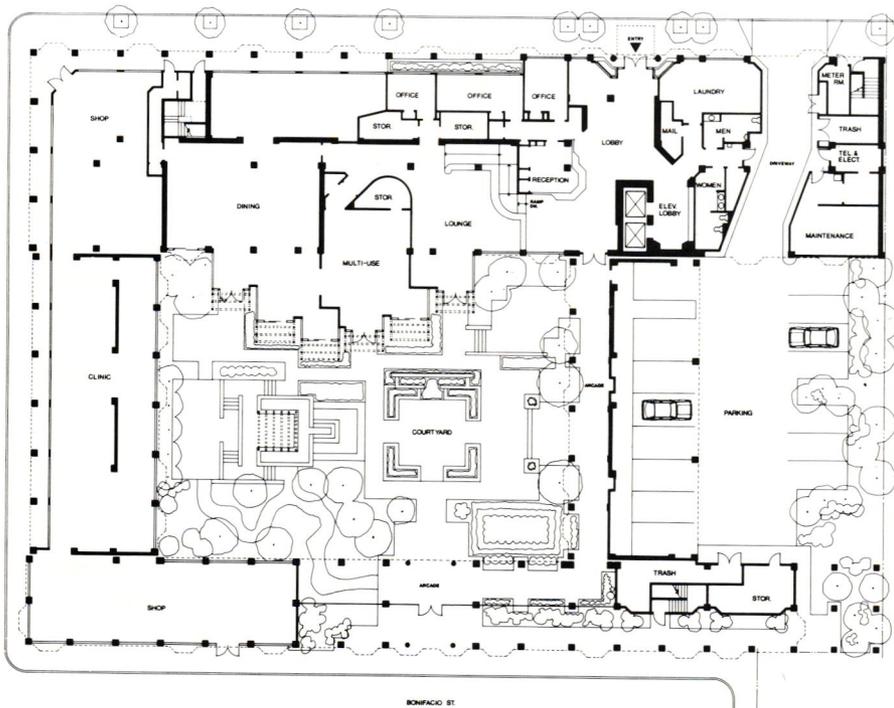
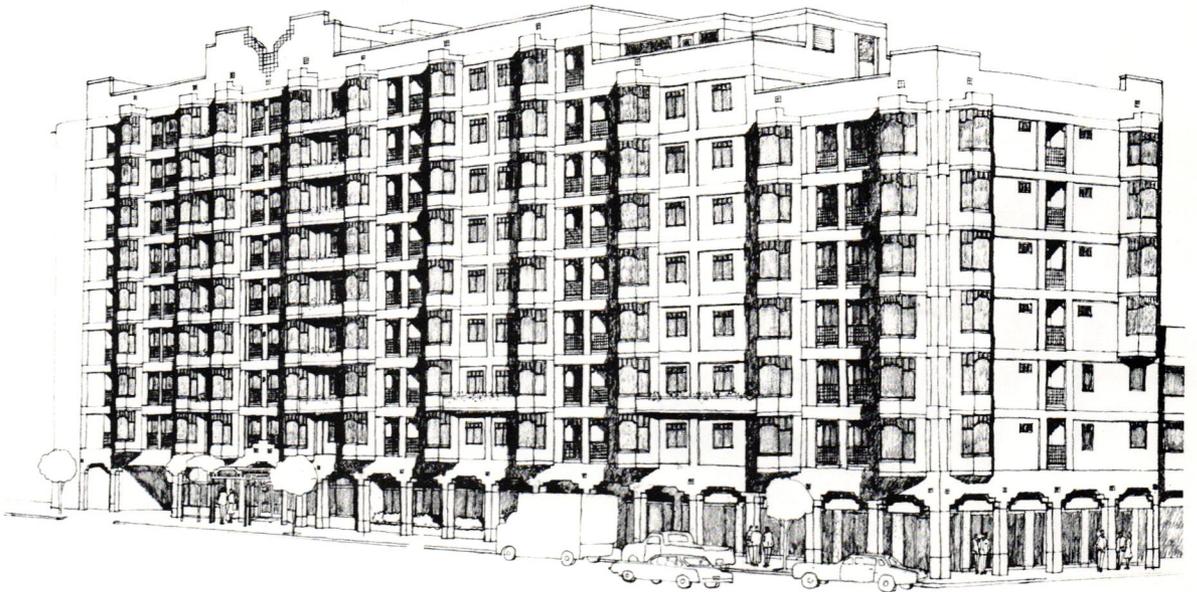
Seniors are proud, strong-willed and determined to live complete, active lives to the best of their abilities. To enhance that effort, we try to design beyond the "minimum property standards," to include amenities such as a greenhouse, aviary, good graphics, nice furnishings and a play area for visiting grandchildren. Our goal is to design a home that residents can point to with pride.

The passage of time has par-

ticular importance to this user group. Our designs emphasize the qualities of change: light, wind, rain, color, shadows all measure time and encourage a state of alertness.

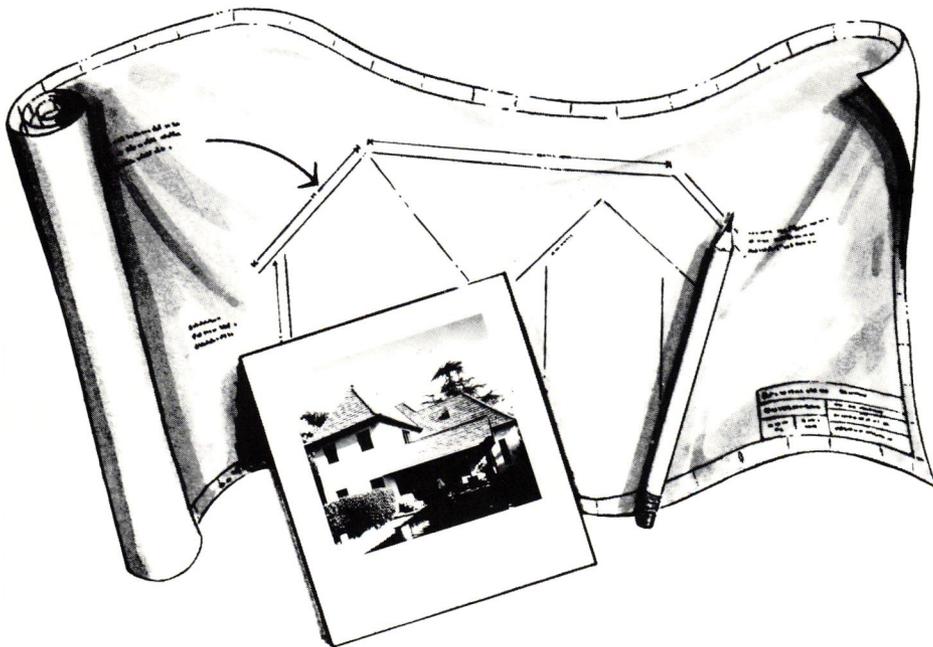
The most salient need of this user group is for personal safety—not so much of the "grab bar" variety, but of the public-safety variety. Older people are scared and vulnerable, and big city living gives ample justification for their fears. While "good design" in aesthetic terms is and should be an important criterion, the most important design consideration for the elderly is to increase their real and perceived security and safety.

Mendelsohn House varies from three to nine stories, surrounding a "cloistered" courtyard designed by our office and landscape architect Tito Patri. The 189 units include 97 studios (415 to 515 square feet), 91 one bedroom apartments (545 square feet), and a two bedroom manager's unit. All units and public areas are wheelchair accessible; 19 units are outfitted for handicapped occupants.



- Project:** Mendelsohn House
- Client:** Tenants & Owners Development Corporation
- Architect:** Robert Herman Associates
- Structural Engineer:** Raj Desai Associates
- Electrical Engineer:** Stanley Anderson
- Mechanical Engineer:** Montgomery & Roberts
- General Contractor:** Amoroso
- Interior Design:** Robert Herman Associates
- Landscape Architect:** Tito Patri & Associates
- Lighting Consultant:** David Malman

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BOOKSHELF

Selected Bibliography

Design solutions that ignore basic psychosocial and physiological changes in the older person are the most troublesome of design errors. Most of these mistakes can be identified early with careful design review and familiarity with the considerable data that exists on the "human factors" and activity patterns of older adults. The following 27 publications are categorized into three groups primarily by their utility to architects and design decision makers.

—Victor Regnier, AIA

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Regnier, V. and Pynoos, J. (eds.). *Housing the Aged: Design Directives and Policy Considerations*. New York: Elsevier, 1987. An edited book with contributions from 17 nationally known researchers written in a consistent format that "translates" behaviorally based research studies into policy and design guidelines.

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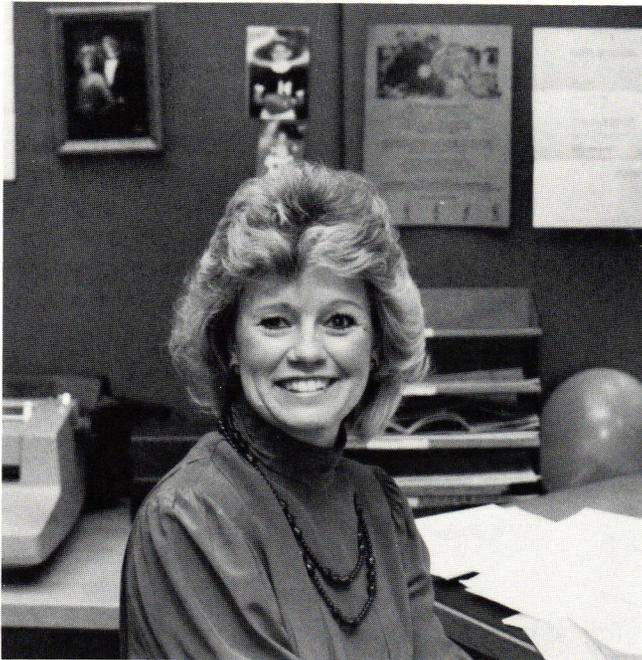
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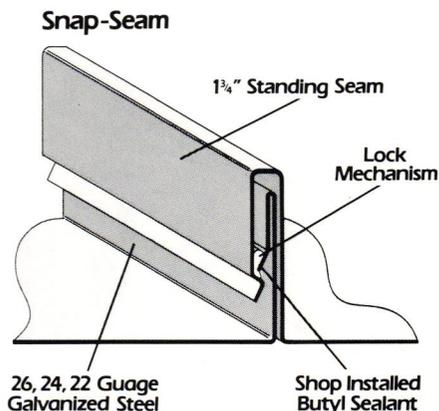
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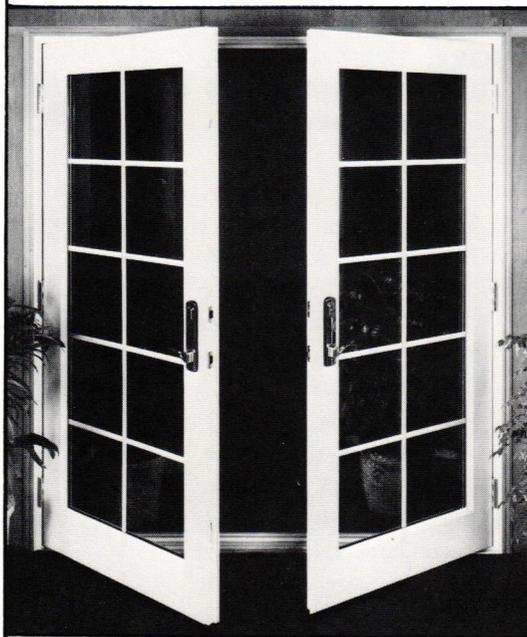
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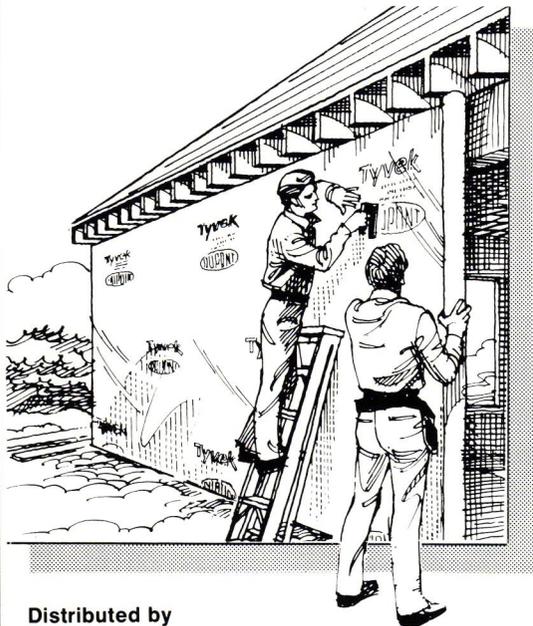
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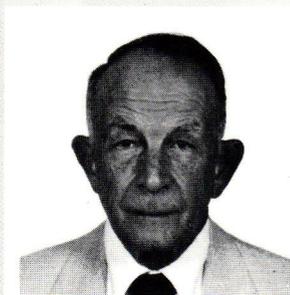
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million contributed by the City of San Francisco.) The existing building had no lobby and apartments were directly accessible from the street. We transformed ground floor units into offices, craft and library rooms, sun rooms and lounges. A large central lounge and a new lobby with a mail area and reception desk were added. The remaining 200 units were refurbished with new kitchens and bathrooms designed for the seniors' needs, with 20 units especially designed for the handicapped.

A post-occupancy evaluation was conducted in 1987 by Clare Cooper-Marcus. All residents were surveyed and 36 were interviewed in depth. Due to the make-up of residents, interviews were carried out in Spanish, Chinese, Russian and English.

In general, the survey confirmed that most of our assumptions about user preference were borne out. On one hand, the survey showed that the library was used by only 41% of residents because there were not sufficient books in Russian, Chinese and Spanish (a matter not in the control of the architect). The men's activity room was not used because of its remote location and lack of proper equipment (pool table). On the other hand, entry lobby seating was used frequently by 71%, the sun room by 82%, and the main lounge by 89% of the population surveyed. A heartening 76% felt it was easy to get to know others in the building either through casual encounters facilitated by the design or through planned programs and classes. Three-quarters of the residents said they use the outdoor spaces.

Identifying user needs and incorporating an appropriate response into the design solution will lead to a humane, socially-relevant architecture. But the response to user needs must not be an excuse to justify mediocre, uninspired, pedestrian architecture. As a profession we have to guard against that. No technique or methodology can substitute for an architect's design talent and creative intuition.

Robert Marquis, FAIA is principal in the San Francisco firm of Marquis Associates. This article is based in part upon a presentation given at the Monterey Design Conference on "People in Architecture."

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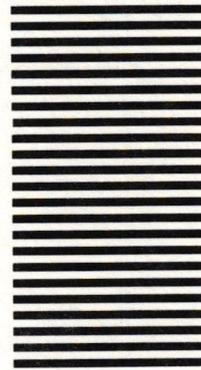
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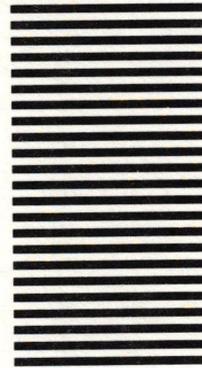
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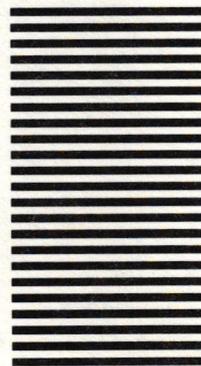


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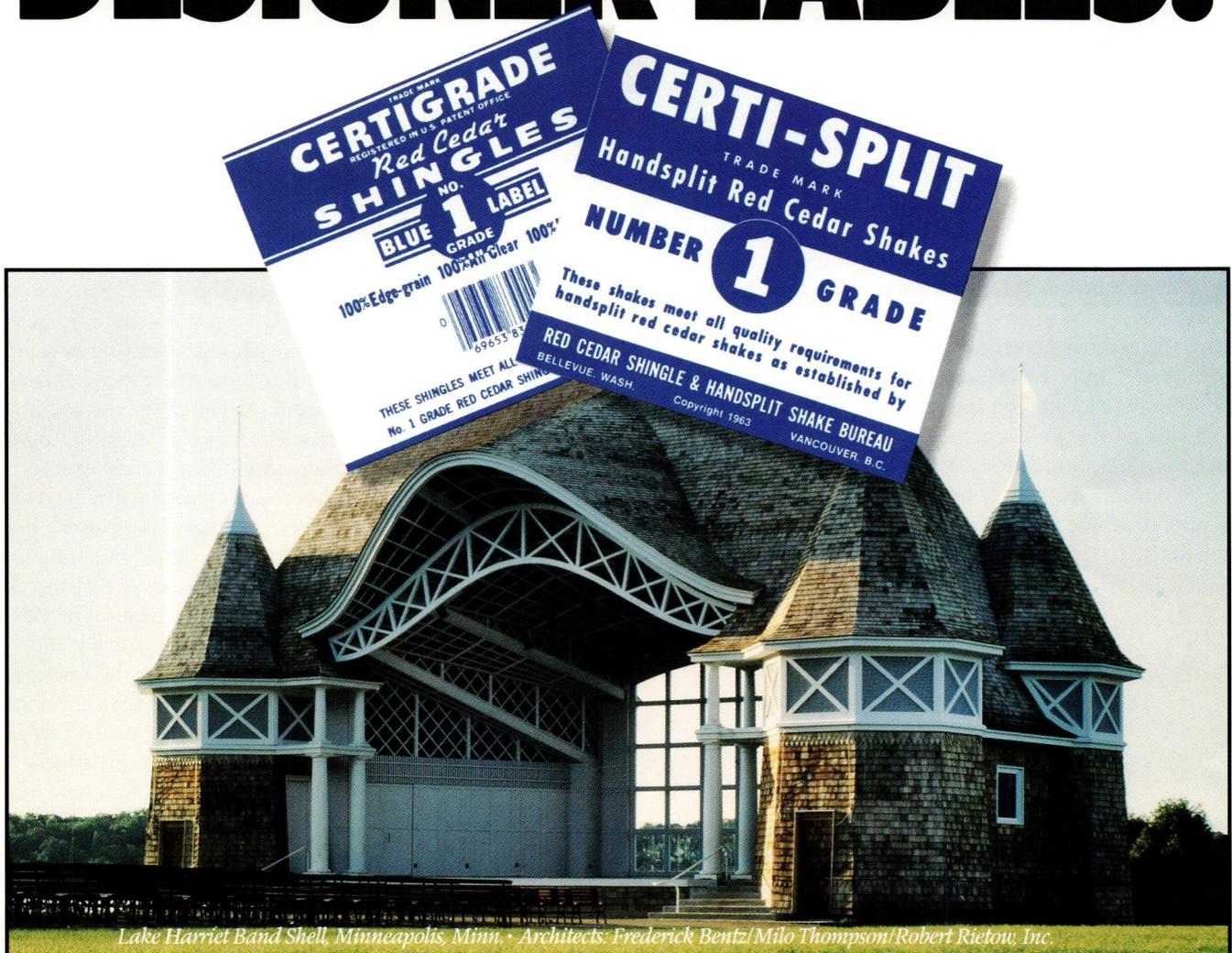
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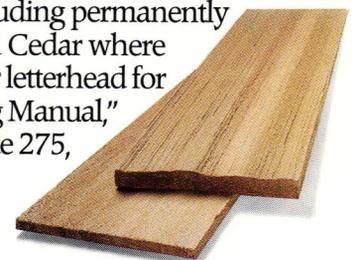
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Staying In The Neighborhood

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As our population grows dramatically older, the provision of housing for the elderly has become a pressing land use issue. In what kind of housing and communities will the elderly live—especially during the interval after they have left the (too large) family home, but before they require supervised living arrangements? For many, the obvious choice has been a retirement community. But these communities often are located on the urban fringe and are deliberately separated from neighboring communities. Making this choice uproots the elderly from neighborhoods where they may have lived for years.

Dale Naegle, AIA, president of Naegle

Associates in San Diego, has designed retirement housing for over 30 years and believes that the elderly should have other choices. "Many senior citizens are living in areas that were developed in the 1930s through 1950s," says Naegle. "They raised their families in these older suburbs, and now that their children are grown, many of them prefer to stay there."

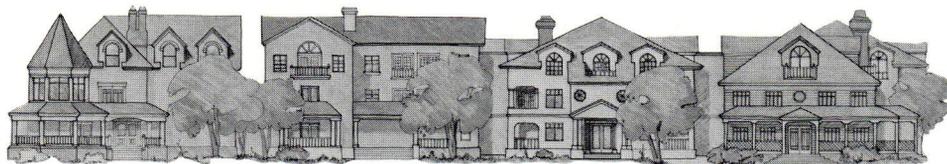
Developing elderly-oriented housing projects within established neighborhoods makes sense for other reasons also. As new suburban sites become scarcer because of growth moratoriums, land costs and inadequate infrastructure, developers are beginning to look to older neighborhoods as areas in which to create new projects. With this in mind, Naegle Associates has designed a prototype project for the elderly that will fit into a

number of built-up suburban locations around the United States. The concept represents a fresh approach to housing for the elderly and one way to recycle some older neighborhoods.

The inspiration for Naegle's architectural design is derived from "pattern books" published in the early 1900s. In the first half of this century, many of the houses built in the United States were constructed from stock pattern books. Although each region had its own indigenous architectural style, many of these styles were carried across the country as the population moved. Typically, family members would hire a craftsman to build their home after selecting the type of home they wanted from a pattern book. As a result of this development pattern, it is common today to see similar mixes of architectural styles in neighborhoods in Minnesota, Georgia, Kentucky and California. The house on the corner might be Victorian, while the one next-door is Plantation Colonial, the next Classical Revival, and so on down the street.

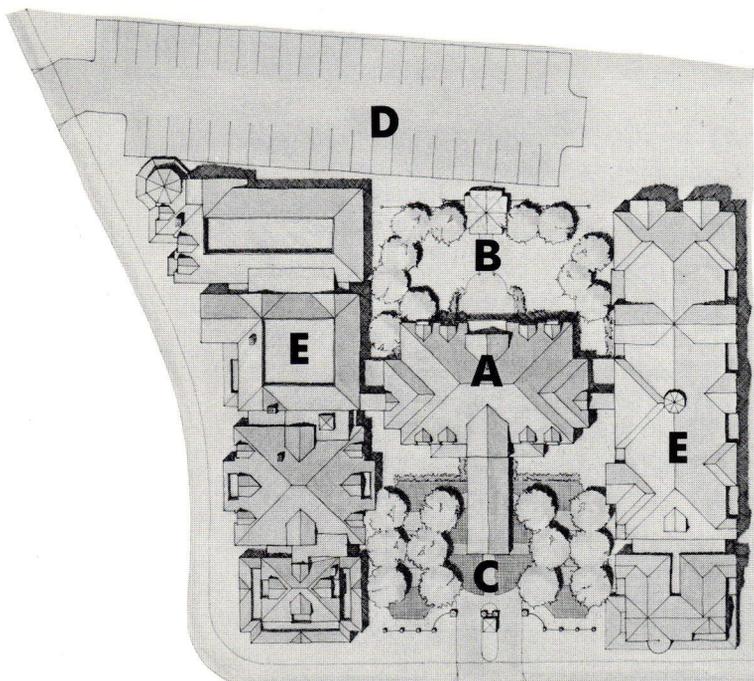
Although consisting of all new construction, Naegle's prototype project is designed to fit into any one of these existing neighborhoods. Although the project appears to be made up of separate houses, it actually consists of two large, three story residential structures that flank a central commons building. What would normally be an imposing mass is divided into smaller components and each is treated architecturally as though it were a separate single-family home.

"We feel that these projects should avoid a frugal, institutional look and appear domestic and friendly to both the residents and neighbors," says Naegle. "Actually, elderly housing projects are usually very quiet, well-maintained and attractive. If they are properly designed, they can be quite an asset to a neighborhood."



Each "home" containing several dwelling units is fashioned as though commissioned by a different client. A variety of architectural features can be

used to distinguish each home from its neighbor. Hedges, trees and fences also can help establish the individual character of each unit.



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C) The motor court, with enriched paving, porte cochere and extensive landscaping, functions as a gracious entry to the project.

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