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Section 6



Fig 6.01 Denham Garden Village Extra Care Scheme

6.00 Accommodating Specific Housing Needs

The demographics of Central Bedfordshire mirror national trends in that there is significant growth in the older population over 65, with particular growth in the 85+ category. Alongside this population growth, the residents of Central Bedfordshire have a longer life expectancy than the national average. The combination of these statistics poses a challenge in terms of providing appropriate accommodation and care for an ageing population.

6.01 Introduction

6.01.01

This supplement provides design guidance for extra care housing schemes; residential and nursing care homes; and gypsy and traveller sites. Guidance on Lifetime Homes is included within the Residential Development supplement. The Government's Housing Strategy; Laying the Foundations, encourages local authorities to provide accommodation which promotes greater independence for older people.

6.01.02

Central Bedfordshire Council proposes to achieve this aim through various models of care including lifetime homes, extra care, care homes, nursing care homes amongst other forms of accommodation based support which offers the individual greater independence.

6.01.03

There is also a requirement through the Housing Act 2004, to assess the accommodation needs

of Gypsies and Travellers alongside the settled population. In Central Bedfordshire a need has been identified, and sites will be allocated accordingly to meet this up until 2031.

6.01.04

Guidance relating to the design of sites is therefore included to address the unique design considerations of this type of accommodation.

6.02 Extra Care Housing

6.02.01

Extra care housing is about providing flexible and attractive homes for individuals which can meet their aspirations as well as their needs; and is not about providing a further form of institutional care.

6.02.02

Key Considerations

The design principles applied for other types of residential accommodation should be applied to extra care schemes but those below are specifically relevant.

6.02.03

Extra care schemes should:

- Be centrally located with good access to services and facilities
- Adopt progressive privacy principles
- Carefully consider the placement and use of communal areas to aid social interaction
- Consider the provision of a community hub to aid integration with the wider community
- Maximise natural light and provide high quality artificial lighting
- Provide general flexibility of space and 'care ready design'
- Use quality landscaping to enhance outside space
- Incorporate accessible design for visual, hearing, cognitive and mobility impairment
- Consider the use of new assistive technology e.g. movement detection and telecare systems
- Strive to be domestic in style.

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6.02.04

Location

Location is of considerable importance in the development of extra care housing and can mean the difference between a scheme and its residents being part of an external community, or remaining segregated and isolated. In some areas there is a tendency to perceive specialist housing for older people as not needing to be in densely populated areas. However, where a scheme is located may influence the degree of community involvement, it may limit its attractiveness to staff to work in if it is inaccessible, and it may discourage relatives or friends from visiting.

6.02.05

Size

There is considerable variety in the size and design of extra care housing schemes, ranging from the very small (6 – 12 properties) to the very large retirement villages (300 plus properties) There will always be a tension between the greater efficiencies of larger schemes and the desire to develop a scheme on a domestic scale which is attractive to live in.

6.02.06

Grouping of Flats

The majority of completed Extra Care schemes have been designed with central communal facilities serving all residents. A number, however, have been developed on the principle of 'clusters' or friendship groups, with 8 or 10 flats having an individual lounge and dining room (and possibly an assisted bathroom).

6.02.07

Consideration needs to be given at the very earliest stage of the design process to whether such an arrangement is appropriate, and to whether the individual clusters are to cater for specific needs. In many cases a mix of sizes will be desirable as the larger ones will be suitable for those with limited care needs and the smaller ones for those with moderate to severe dementia.

Accessibility	<ul style="list-style-type: none"> • Is it easy to walk on and off the scheme? • Are the surrounding areas wheelchair accessible?
Local Services	<ul style="list-style-type: none"> • Is there level access to community facilities, including shops, leisure facilities and health centres etc • Is there access to local transportation services?
Social Inclusion	<ul style="list-style-type: none"> • Is the scheme likely to attract local people? • Is its location likely to facilitate continued contact with friends? • Will residents be able to access local activities they had engaged in prior to moving?
Community Integration	<ul style="list-style-type: none"> • Does the proposed scheme link with other older people services? • Will residents be able to access these services? • Will people living nearby be able to access services within the scheme?
Safety	<ul style="list-style-type: none"> • Is this an area that will be attractive to older people in terms of feeling safe? • How will the design of the scheme combat any perceived risks?

Fig 6.02 Key Considerations for Extra Care Housing

6.02.08

Progressive privacy

Centrally located communal facilities should be designed with progressive privacy in mind. Not only should a clear separation between areas just for residents, staff and visitors be evident; but a distinction between shared spaces for residents and those for the wider community is also important.

- Public spaces such as communal lounges and dining rooms along with ancillary spaces such as laundries and catering kitchens should be located centrally and away from residents' flats so there is no need to walk through these areas
- All site and building accesses should be securely controlled
- Entry points to the site should be kept to a minimum
- Any additional entry points should lead directly to the main entrance door or service areas.

6.02.09

Layout and Internal Circulation

- The building should have a logical layout that can be clearly understood to assist people suffering from dementia or memory loss. Breaking down the building into identifiable zones and the provision of visual clues and signage will assist way-finding
- Communal areas that could be shared with or visited by the public, such as the lounge and the dining area, should lead from the main reception area if possible.
- Circulation areas should be adequately designed for the frail and the wheelchair user and long dull vistas should be avoided
- Walking distances for all users of the building should be kept to a minimum by the sensible location of stairs and lifts. It is ideal for both a lift to all floors and stairs to be easily reached from the main entrance.
- To break up walking distances for residents small seating bays could be introduced to provide as rest stop or meeting place.
- Terminating corridors with a place to sit and enjoy a view can avoid the sense of frustration suffered by residents with short term memory loss who might wander to the end of corridors.

6.02.10

Acoustics

- In planning the layout, consider the acoustic separation of noisy rooms such as laundries, lift motor rooms, plant rooms and other communal spaces from residents living, sitting and sleeping areas.
- If layout permits, try to ensure that the living rooms of two adjoining flats are next to each other, and bedrooms of adjoining flats are next to each other.

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6.02.11

Adaptability

- Flexibility should be a major consideration in order to avoid redundant buildings in the future or the need for residents to move on to other accommodation as specialist housing is always subject to changes in policy, legislation, funding and allocation arrangements.
- At any one time it is likely that only a proportion of Extra Care residents will use a wheelchair. A resident may arrive in the scheme as a wheelchair user or the onset of mobility difficulties may occur at any time during a resident's tenancy.
- As maximum flexibility is essential, the architecture and structural designs should allow for this. Communal areas on the ground floor should be arranged within the footprint of flats above for structural design.
- Adequate storage provision is often overlooked and should be included from the outset particularly for bulky items like mobility scooters.
- Immediate access to technology or the ability to install smart technology and personal computer systems at a later date should be considered as a means to 'future- proof' homes.



Fig 6.03 Exning Court Extra Care Scheme, Suffolk

- Careful consideration should be given to the size of dwellings and the number of bedrooms. A balance needs to be struck between current cost constraints and likely future demand for increased space standards and a second or even third bedroom. Evidence shows that a second bedroom is a high priority for residents where the rent level or purchase price allows.
- A third habitable room in housing for older people is now a Housing Corporation expectation.

6.02.12

Garden Areas

- The gardens associated with Extra Care accommodation function on several levels, providing both stimulating views from within the building and potential for extending internal activities into the immediate surroundings.
- This external space can be divided into a sequence of activity zones: the location of terraces and patios alongside a lounge or conservatory enables the extension of living space out into the garden.
- These hard standings should be flush with internal floor levels and large enough to readily accommodate a table and chairs.
- The garden should also incorporate a large level grassed or paved open space to provide flexibility

for activities such as outside eating, barbecues or the siting of a marquee for communal garden parties.

- Pergolas and other garden features can provide immediate shading for south facing aspects or seating areas. Water features can contribute to an aurally stimulating and tactile environment and provide effective focal points for garden vistas.

6.02.13

Supporting Impairments

- 'Free-swing' door closers linked to the fire alarm should be fitted to the front doors of flats and other doors regularly used by residents. This will avoid the hazard and frustration associated with heavy overhead door closers.
- Vision panels to doors along circulation routes and leading to communal rooms should be considered
- Handrails along both sides of circulation routes that are appropriately scored to assist way-finding for those with visual impairments should be installed.
- Appropriate ironmongery, taps etc for older people with limited dexterity should be specified.
- At least one stretcher sized lift should be included to accommodate long-base wheelchairs/stretchers/coffins.

- Wheelchair standard design should be provided throughout the building.
- Allowances for future changes should be designed in from the beginning. The construction and detailing of the building should allow for ceiling hoists to be retrofitted within flats and stud-partition walls should be reinforced for grab rails in bath and shower rooms.
- Level-threshold showers with a fall in the floor of the shower tray area to minimise the risk of flooding should be specified.

6.02.14

Internal Specifications

Care Services Improvement Partnership Standards

Type of Room	Internal area sqm
1 bed 2 persons flat	54 sqm
2 bed 3 persons flat	68 sqm
Communal lounge	1.5 sqm per flat
Dining area	1.2 sqm per flat
Small lounges (hobby rooms)	2 minimum 15sqm
Communal Toilet Facilities	4 sqm
Assisted bathrooms	12-15 sqm
Storage area for Scooters etc.	25-30 sqm
Staff Office	18 sqm
Staff Overnight Room	18 sqm
Staff Rest Room	20 sqm
Guest Room with ensuite	20 sqm
Any other facilities e.g. shop/therapy room	6 sqm

6.02.15

Lighting

- Lighting design is crucial so a range of different luminaries and light sources should be employed to avoid glare and sharp shadows.
- Careful design of switching and dimming will ensure that different atmospheres can be created and different needs catered for.
- Natural lighting should be maximized as this can impact health and wellbeing, way finding and levels of solar gain.
- Corridors should ideally be lit from windows or rooflights (including kitchen windows onto corridors) to avoid long, dull vistas.
- Balconies and winter gardens enable natural light and views of nature and contribute to wellbeing.
- Numerous light fittings in a regimented array, which may cause a clinical, institutional appearance should be avoided
- Sharp contrasts between highly lit and dark spaces should be avoided, as the ability of one's eyes to adapt to different levels of light decreases with age.
- Lighting should be installed along the main routes of pathways so that the garden can be used safely in the evening.
- Good lighting is also required to all parking areas to provide surveillance lighting and CCTV as required for security.

6.03 Definitions

6.03.01

Residential Care Homes

A residential care home is any establishment which provides residential accommodation with both board and personal care for persons in need of personal care by reason of old age, disablement, past or present dependence on alcohol or drugs, or past or present mental disorder.

6.03.02

Nursing Homes

A nursing home is any premises used for the reception of, and the provision of nursing, for persons suffering from any sickness, injury or infirmity over a short or longer term period. Nursing homes also care for a smaller percentage of convalescent patients who are in long-term recovery from acute illnesses, but no longer require hospitalization.

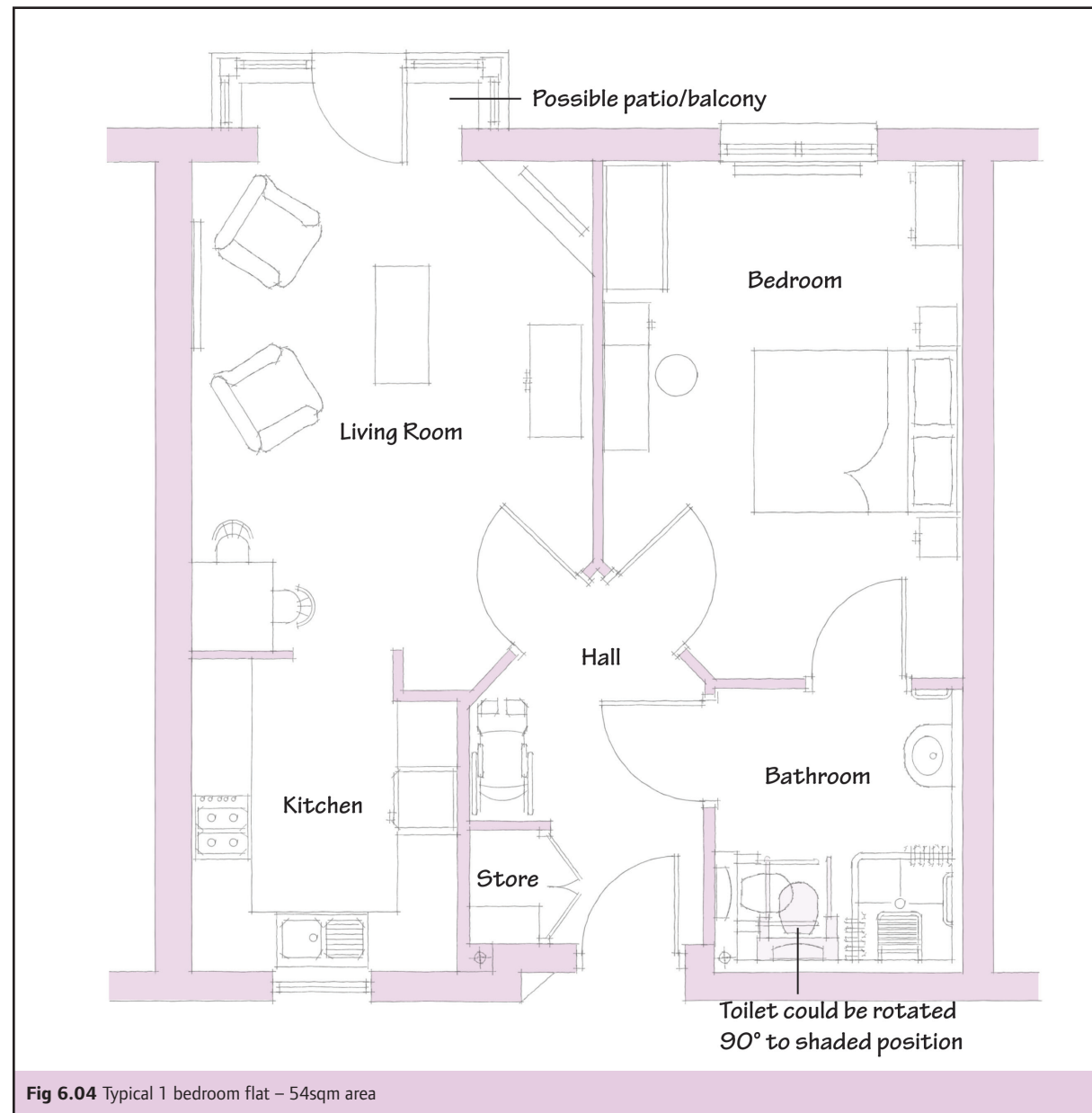
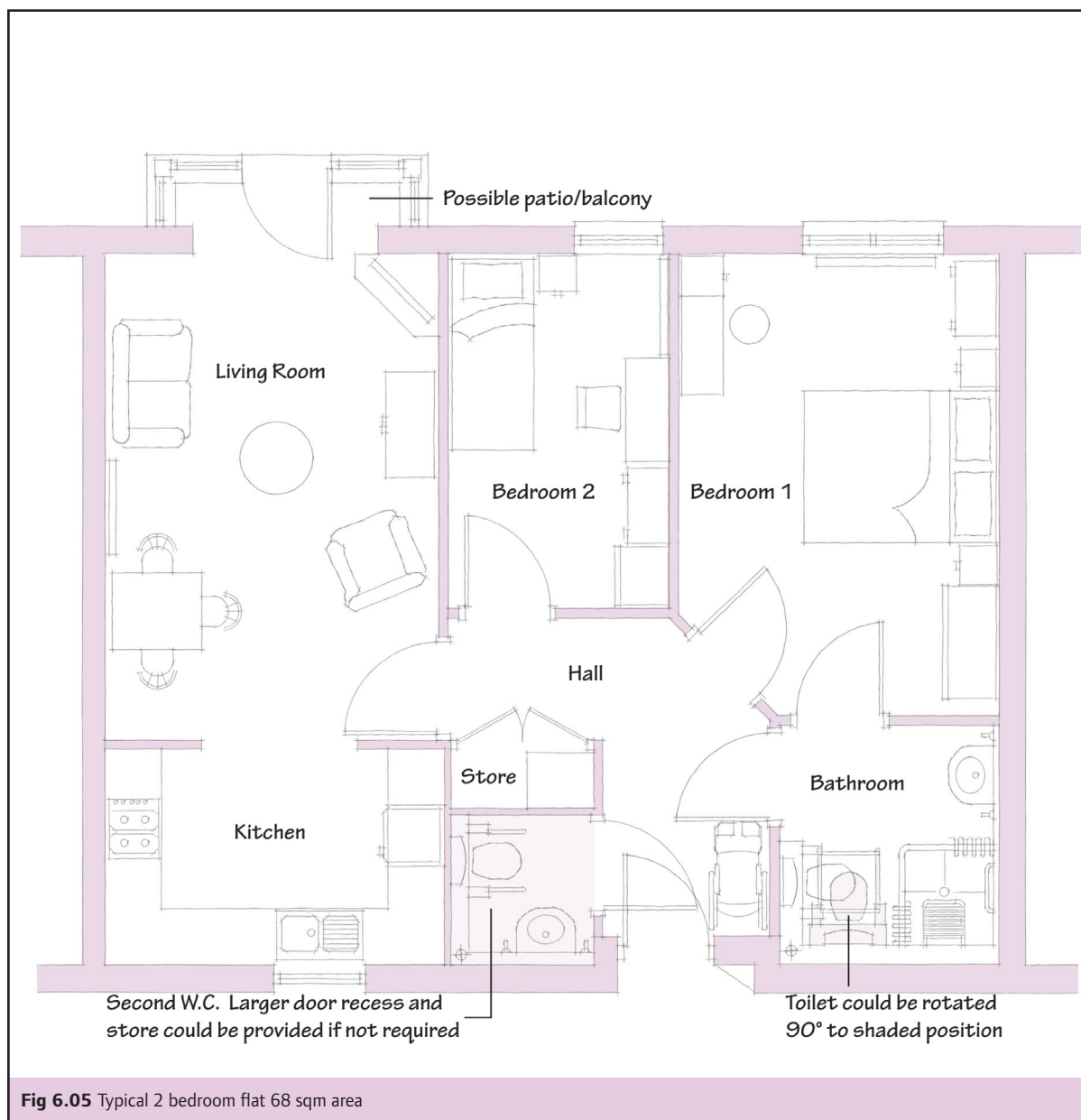


Fig 6.04 Typical 1 bedroom flat – 54sqm area



6.04 Designing Residential and Nursing Care Homes

6.04.01

In terms of the structure of the building, there is no difference between a residential care home and a nursing home as the difference centres around the need for a registered nurse to be on site 24 hours a day in nursing homes. Both homes serve patients requiring preventive, therapeutic, and rehabilitative and/or care services for non-acute long-term conditions. Most residents are frail and aged; some may have varying degrees of dementia; some may be bedridden, and others will be using a variety of mobility aids. Stays are generally relatively long or can be until the end of life.

6.04.02

These care homes therefore present special design challenges, in that for residents they are not just facilities, but their homes.

6.04.03

The quality of the physical environment plays a large role in resident satisfaction. Effective design starts with a floor plan that encourages social interaction and with all of those features that create the sense that it is a home while maintaining the necessary levels of functionality and security for all users. This guidance applies equally to conversions of existing buildings and to new build homes.

6.04.04

General Principles

- Consider unit style developments where the home is broken into 8-10 bed units each with its own communal space in the form of a kitchenette and dining space. This arrangement also allows for different levels of care within the same overall scheme; for example nursing, dementia, frail, complex and even temporary residents in need of reablement and recovery can be accommodated.
- Consider views from windows in the communal areas in particular, as residents may not be able to access outside space so these become particularly important. Views that provide movement and interest like school playgrounds, play areas or parks are particularly engaging for residents
- Ensure that outdoor areas are accessible and safe and set aside adequate space (at least 5sqm for each habitable room) for gardens, as this access to immediate outside space is important for those who may be less mobile.
- Give spaces a homelike, rather than institutional, size and scale with natural light and views of the outdoors
- Create a warm reassuring environment by using a variety of familiar, non-reflective finishes and

cheerful, varied colours and textures, keeping in mind that some colours are inappropriate and can disorient or agitate impaired residents

- Promote traditional residential qualities of privacy, choice, control, and personalization of one's immediate surroundings
- Encourage resident autonomy by making their spaces easy to find, identify, and use. This is particularly important for those with dementia.
- Many nursing homes and assisted living facilities maintain one common dining area. Communal dining areas can be cavernous and impersonal so consider how the space can be broken up by the use of internal walls and other features
- Provide higher lighting levels than typical for residential occupancies
- Families often don't visit or visit for only a short time because of the lack of a comfortable private space to spend time with the person needing care. A room that families can use to spend time together equipped with a kitchenette and ensuite facilities should be provided.

6.04.05

Entrance and Reception Area

- Have clearly marked signage that identifies the entrance.
- Create reserved parking for visitors in line with

CBC parking standards

- Have wheel-chair accessible curbs and ramps that are easily identifiable.
- Provide landscaping that is colourful and inviting.
- Install effective lighting.
- Create comfortable seating areas.
- Create space in the design for a main reception area
- Have appropriate visitor toilet facilities directly off the lobby/reception area.
- Consider a café area that can be used by residents and their visitors

6.04.06

Efficiency and Cost-Effectiveness

Nursing home design should:

- Promote staff efficiency by minimizing distance of travel between frequently used spaces
- Allow easy visual supervision of patients by minimal staff
- Make efficient use of space by locating support spaces so they may be shared by adjacent functional areas, and by making prudent use of multi-purpose spaces

6.04.07

Cleanliness and Sanitation

An odour-free environment is a very high priority in nursing homes, since many residents are occasionally incontinent, and the pervasive odours can give an impression of uncleanness and poor operation to family and visitors. In addition to operational practices and careful choice of furniture, facility design can help odour control by:

- Adequate and highly visible toilet rooms in key locations near spaces where residents congregate
- The use of appropriate, durable finishes for each space used by residents
- Proper detailing of such features as doorframes, casework, and finish transitions to avoid dirt-catching and hard-to-clean crevices and joints
- Adequate and appropriately located housekeeping spaces
- Effective ventilation, which may need to exceed nominal design levels

6.04.08

Legibility

A consistent and well thought out system of way-finding helps to maintain the residents' dignity and reduces the risk of disorientation. It should:

- Use multiple cues from building elements, colours, texture, pattern, and artwork, as well as signage, to help residents understand where they are, what their destination is, and how to get there and back.
- Identify frequently used destination spaces by architectural features and landmarks which can be seen from a distance, as well as symbols, signage, art or landscaping
- Avoid prominent locations and high visibility of doors to spaces which patients should not enter

6.04.09

Accessibility

Many residents may require the assistance of canes, crutches, walkers, or wheelchairs. To accommodate these residents, all spaces used by them, both inside and out, should:

- Comply with the requirements of the Part M of Building Regulations and all relevant UK

6.04.10

Disability legislation

- Be designed so that all spaces, furnishings, and equipment, including storage units and operable windows, are easily usable by residents in wheelchairs
- Be equipped with grab bars in all appropriate locations
- Be located on one floor if feasible but if not then accessible stretcher size (2600mm x 1800mm shaft) lifts should be provided

6.04.11

Security and Safety

Design to address security and safety concerns of nursing homes includes:

- Use of non-reflective and non-slip floors to avoid falls
- Control of access to hazardous spaces
- Control of exits to avoid residents leaving and becoming lost or injured
- Provision of secure spaces to safeguard facility supplies and personal property of residents and staff
- Installation of non-conspicuous video cameras to monitor key areas

6.04.12

Aesthetics

Aesthetics is closely related to creating a therapeutic homelike environment. Aesthetic considerations include:

- Increased use of natural light, natural materials, and textures
- Use of artwork (see 'Public Art supplement for further details)
- Attention to proportions, colour, scale, and detail
- Bright, open, generously scaled public and congregate spaces
- Homelike and intimate scale in resident rooms and offices
- Appropriate residential exterior appearance, not hospital-like
- Exterior compatibility with surroundings

6.04.13

Internal Specifications

Single Bedroom	12 sq m usable floorspace (excluding en-suite facilities)
Double Bedroom	Double rooms are not specified since the guidance suggests all rooms should be single occupancy unless two service users have made a positive choice to share with each other. If so there should be at least 16sq m usable floor space (excluding en-suite facilities)
Communal Areas	Provide sitting, recreational and dining space (referred to collectively as communal space) apart from service users' private accommodation and excluding corridors and entrance hall amounting to at least 4.1sq metres for each service user.
Bathrooms	A ratio of 1 assisted bath (or shower provided this meets residents needs) to 8 service users.
Toilet facilities	En-suite facilities (at a minimum a toilet and hand basin) are provided to all service users. It is recommended that a wet room style shower is also provided.
Other	Layout options ensure that there is room on either side of the bed, to enable access for carers and any equipment needed. Doorways into communal areas, service users' rooms, bathing and toilet facilities and other spaces to which wheelchair users have access, have a clear opening width of 800mm

Fig 6.06 Internal space and layout specifications

For all minimum standards see www.independentliving.co.uk.

9.05 Checklist for extra care and residential and nursing care homes

Extra care homes

- Are communal facilities located appropriately to cater for residents needs?
- Is the layout logical and identifiable?
- Is there sufficient space for circulation, where walking distances are minimised and regular areas for rest and meeting are provided?
- Is progressive privacy achieved with a distinction between public and private space and controlled entry?
- Is the layout sufficiently flexible to cater for changing circumstances and have adequate storage space?
- Are outdoor gardens functional and provide opportunities for different activities and interests?
- Are design features to support impairments included?
- Are internal space standards met?
- Is natural light maximised and sharp contrasts and glare avoided?

Residential and nursing care homes:

- Does the scheme meet accessibility and disability standards, and are internal space standards met?
- Does the floor plan logical and encourage and maximise social interaction?
- Does the scheme include features that create a sense of home whilst maintaining functionality and security?
- Is the entrance clear and accessible, with space and facilities for visitors?
- Is there sufficient space to accommodate visitors in communal areas?
- Does the scheme promote the traditional residential qualities of privacy, choice, control and personalisation; and achieve a 'homelike' feel?
- Are high lighting levels achieved and natural light maximised?
- Are opportunities for views from windows maximised?
- Are outdoor areas accessible, safe and of an adequate size (5m² per habitable room)?
- Does the scheme maximise opportunities for cleanliness and sanitation, such as durable materials and finishes, ventilation and sufficient housekeeping spaces?

6.06 Designing Gypsy and Traveller sites

6.06.01

A Good Practice Guide was published by the Government in May 2008 to provide guidance of the design and layout of Gypsy and Traveller sites. Planning applications for new sites, extensions to existing sites and infilling of sites will be assessed against this guidance. In order to assist those making planning applications for Gypsy and Traveller site development the following advice has been prepared. There are a number of matters which need to be addressed within planning application documentation to ensure that Gypsy and Traveller sites are developed to the same standard as conventional bricks and mortar housing. Planning applications must therefore include details of:

6.06.02

Layout of the site

The Good Practice Guide sets out that Gypsies and Travellers have shown a preference for a circular or horseshoe site design. These designs are popular on family sites as it allows supervision of the site from all pitches. Traditional linear pitches are also acceptable.

6.06.03

The layout of the site must show the location of a communal recreation area or children's play area. The provision of a play space should be considered early in the site layout rather than allocating the "left-over" space for recreation. The play area should be located in a position which can be supervised but is also safe from traffic movements.

6.06.04

Site plans must also show landscaping and tree planting within the site. Sites which are only tarmac or hardstanding will not be considered acceptable.

6.06.05

Consideration should also be given for paddock space within the site layout.

6.06.06

Individual Pitches

The Good Practice Guide sets out that there is no definition of the size of a pitch however a family pitch should be large enough to accommodate an amenity building, a large trailer (mobile home/ static caravan), touring caravan, parking for two vehicles, drying space for clothes, shed for bicycles, tools etc and garden area.

6.06.07

Each individual pitch should have a garden or grassed amenity area. This can be located to the front of the pitch or could be made more private by locating it to the rear of the pitch. Different surfacing could be used to improve the appearance of the pitch, for example tarmac, block paving, gravel, grass etc. Planning application documents should show that it is possible for all of the above requirements to be provided within the size of pitch proposed.

6.06.08

Boundary treatment

Brick walls, timber fencing, ornamental railings, hedges or other landscaping could be used.

Details of how the boundary of the site will be marked need to be provided – the boundary should provide a clear edge to the site and take account of adjoining land uses and the safety of children. Details of the type of boundary treatments which would be used between plots need to be provided – the boundary should provide privacy for neighbouring pitches.



Fig 6.07 Example site, Dunstable

6.06.09

Access and parking

Access to the site and to individual pitches must be wide enough to allow for the manoeuvring of vehicles and caravans. Planning application documents should show that it is possible for a large vehicle, such as a van, towing a trailer can access the site and each pitch. This should be shown on a tracking diagram. Any gates securing the access to the site should be set back at least 12m from the edge of the highway to enable vehicles to pull clear of the highway whilst waiting for the gates to open. Consideration should be given to installing traffic calming measures on the internal road layout to minimise vehicle speed and protect children and animals within the site. Parking for cars and other vehicles should be accommodated within each pitch, however where appropriate visitor car parking could be provided.

6.06.10

Utilities and Drainage

Planning application documents must show details of the foul and surface water for the site. Sites should connect to the mains sewer wherever possible. Where it is not possible for the site to connect to the mains sewer evidence must be shown that this is the case and details of an alternative solution provided. Details of surface water disposal must be provided; this could be achieved by soakaway or SUDS.

Sites must be serviced by water and electricity and evidence that this is possible provided within an application for a new site.

Details of the lighting which would be installed on the site and how waste would be disposed of should also be provided.

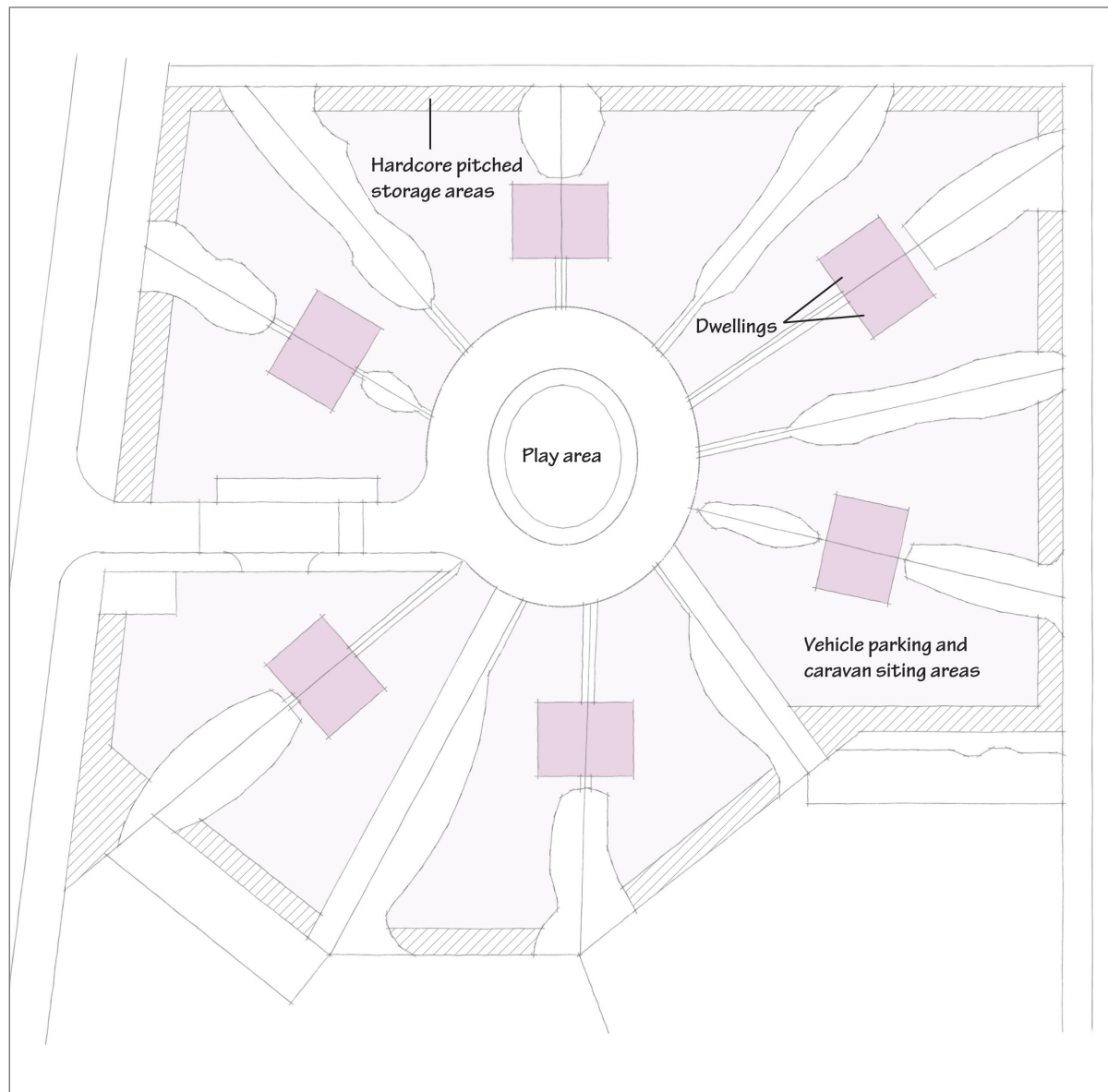


Fig 6.08 Typical site layout

9.07 Gypsy and Traveller checklist

- ☐ Do individual pitches include all on-pitch requirements?
- ☐ Does the layout of the pitch meet good urban design principles, such as natural surveillance of public space?
- ☐ Does the layout of the site allow for safe manoeuvring of vehicles and caravans, and have sufficient space for parked vehicles?
- ☐ Has consideration been given to appropriate site and pitch boundary treatments which ensure privacy?
- ☐ Has consideration been given to play space in an overlooked location, safe from traffic movements?

Detailed guidance on the design of Gypsy and Traveller sites can be found at

www.gov.uk/government/publications/designing-gypsy-and-traveller-sites-good-practice-guide