

INSPIRIT RESIDENCES  
UWO LECTURE  
HOUSING ALTERNATIVES  
October 30, 2001  
Cathy's portion

Design of INSPIRIT

Concentric rings

- immediate living space
- building community
- external community

internal core – area of control, maintenance of independence

-Specific apartment

modification to address physical gaps

- flow thru kitchens
- large floor plans in bathroom
- grab bars
- lever handles
- raised outlets
- lowered switches
- sliding windows

Second Concentric Ring Building Community

- wheelchair accessible
- wide entry hall
- wide hallways
- 2 elevators – slow door movement
- well lit hallways
  
- address physical gap
- fire alarms
- smoke detectors
- railings vs walkers –in apartment not hallways
- external door security
- video monitoring
- RF buttons
- 24 hour emergency response
- address mental peace of mind gap

Services available

- address all dimensions as well

## **Physical Dimensions**

- presence of registered nurse – meds, dressings, insulin,
- food service – nutrition
  - special diets
- Programs – exercise classes
  - exercise room
- foot programs
- PSW assistance – cleanliness

## **Mental Dimension**

- presence of registered nurse – I'm fine now but "what if"
- meal preparation
- PSW presence – someone will be around to talk to
- internal activities
  - art program
  - book clubs
  - travelogues
- Transportation-Peggy's worries re how am I to get there
- anxiety of moving – external partnership SIT

## **Social Dimension**

- meals some take 20 minutes, some 1 ½ hours
- Book club
- Writers guild
- Speakers – authors, politicians
- Plays
- Excursions
- Holiday celebrations
- Community Programs – internal out
  - Shoe Box
  - Adopt a family
- 
- Community Programs – external in
  - alpha
  - art program
- movie night
- take focus off of self**
- focus on others**
- staff training, selection – look at each resident and say hi
- student training – age spread perspective

**Spiritual Dimension**

- Alpha
- Bible studies
- Pastoral visits
- Sunday church
- Tuesday chapel
- Music uplifts the spirit-Edie as eg

Ross will now address some of the gaps we have in the system.

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Ross' Portion**

**DEMOGRAPHICS**

25% - 33% live alone

70% of these live in houses, 25% in apartments

5% move each year, health, maintenance of home, financial  
don't move far

1996-2003 – population growth in LM 13%

during same period 29.6% growth in over 75 population

64% over 75 female

81% female over 85

**where are these people going to live?**

I guess this is what we are addressing to some extent today. Although we are just addressing what is available today. Need to take this knowledge and project into the future

**HOUSING ALTERNATIVES**

-a continuum

- |   |  |
|---|--|
| Single unit housing                     | -detached<br>-semi-detached<br>-accessory apartment<br>-granny flat<br>-group home<br>-house sharing   |
| Multi-unit housing                      | -apartment<br>-condominium<br>-townhouses<br>-3 or more self contained units   |
| Supportive housing                      | -private sleeping quarters<br>-private bathroom<br>-kitchenette<br>-common dining and other facilities<br>-maybe medical and/or non-medical support<br>-maybe social and supportive services |
| Nursing homes/Long term care facilities |  |

Housing Options/Alternatives are more than just the bricks and mortar

- need to include social interaction
- feelings of safety
- physical comfort of the senior
- financial capability of senior

As we look at Housing Alternatives for the senior in our society today need to remember one thing

**-they want to retain their independence, they want to retain control of their life**

- they are very reluctant to give this up regardless of the consequences
  - 95 year old staying to death because won't give up her dog

therefore while the physical configuration is important,

in planning HOUSING ALTERNATIVES we need to address

- physiological constraints
- sensory deterioration
- delivery of support services
- availability of neighbourhood services

physiological constraints

- mobility – sloped sidewalks blessing vs curse
- strength –open doors physical ease vs mental security and peace of mind
- impact of disease
  - arthritis
  - stroke

sensory deterioration

- sight – indirect lighting
- hearing – background noise
- redundant cuing

delivery of support services

- agencies
  - housekeeping
  - meal prep
  - shopping
  - laundry

organization of these services, one of or cluster responsibility

- social workers-loneliness
  - grief management
  - depression
  - anxiety

what do we do when they go home

- personal care -bathing
- dressing
- eating
- toileting
- design in space for the care giver
- medical care -licenced care givers
  - nurse-meds,dressing,innoculations
  - PT, OT

availability of neighbourhood services

- shopping
- recreation – library, mall
- bus routes
- close proximity encourages participation
- incorporate into community
- don't create seniors ghetto

I will now ask Cathy to come back and present how Inspirit residences attempt to deal with the changing dimensions in people's lives

## **what have we tried to do**

### **CREATE AN ENVIRONMENT WHERE PEOPLE WANT TO COME TO LIVE**

Not perfect, no place will ever be, can't be original home

Tried to create an organization that is flexible to the needs of the resident

In our process we have discovered what we consider to be 4 major gaps in the continuum of alternative housing

- A place where a couple can go to live together in spite of their deficiencies
- A place where an individual can go and live as independently as they want to
- A place that respects the latent ability, skills, knowledge and experience of seniors
- A place that acknowledges the inherent dignity of each person's soul regardless of their physical or mental limitations

These are your challenges

On becoming a Servant Leader

Robert Greenleaf

Dr Joseph DiStefano – closes the book with A Conversation w/ Robert Greenleaf

Sociology class on labour problems  
Professor Helming quite casually said w/o emphasis

“There is a people problem in American business, and some of you folks ought to get in and work it out.”

That settled it for Greenleaf. He spent the rest of his life studying human relationships in organizations specializing in leadership.

I would offer you a comment similar to Prof Helming

There is a problem with how we provide for seniors in our society today, and some of you folks ought to get in and work on it.

Thank you