

DESIGN GUIDE 2021/2022

BUILDING HOMES FOR LIFE





**Preferred
Homes**



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1.0 WELCOME

Welcome to Preferred Homes' design guide.

We create affordable "homes for life" for elderly and vulnerable residents who are able to live independently but have intermediate care needs.

Preferred Homes are delighted to be working with our panel of highly skilled design team, Local Authority partners and Homes England to provide a new generation of well designed, sustainable community based extra care housing which is entirely tenant focused.

With reference to the updated HAPPI principles and the latest guidelines of the Housing LIN, from the All-Party Parliamentary Group (APPG) on Housing and Care for Older People, we present our updated proposals for excellent design and delivery which also take into account learning for a post COVID and Grenfell world.

We are always listening to tenants and community members who contribute to life in our housing, our contractors and professional teams and our private and public funding partners. We thank them for their invaluable contributions in helping us achieve our vision – one of providing multiple extra care housing schemes across England in areas of unfulfilled demand for quality, affordable extra care accommodation.

I hope you find this Design Guide informative and welcome your feedback.



Findlay MacAlpine
CEO Preferred Homes Ltd



Our design teams create high quality architectural solutions that blend a strategic, design-led approach with an integral commercial awareness which is rooted in our understanding of the way places influence behaviour.

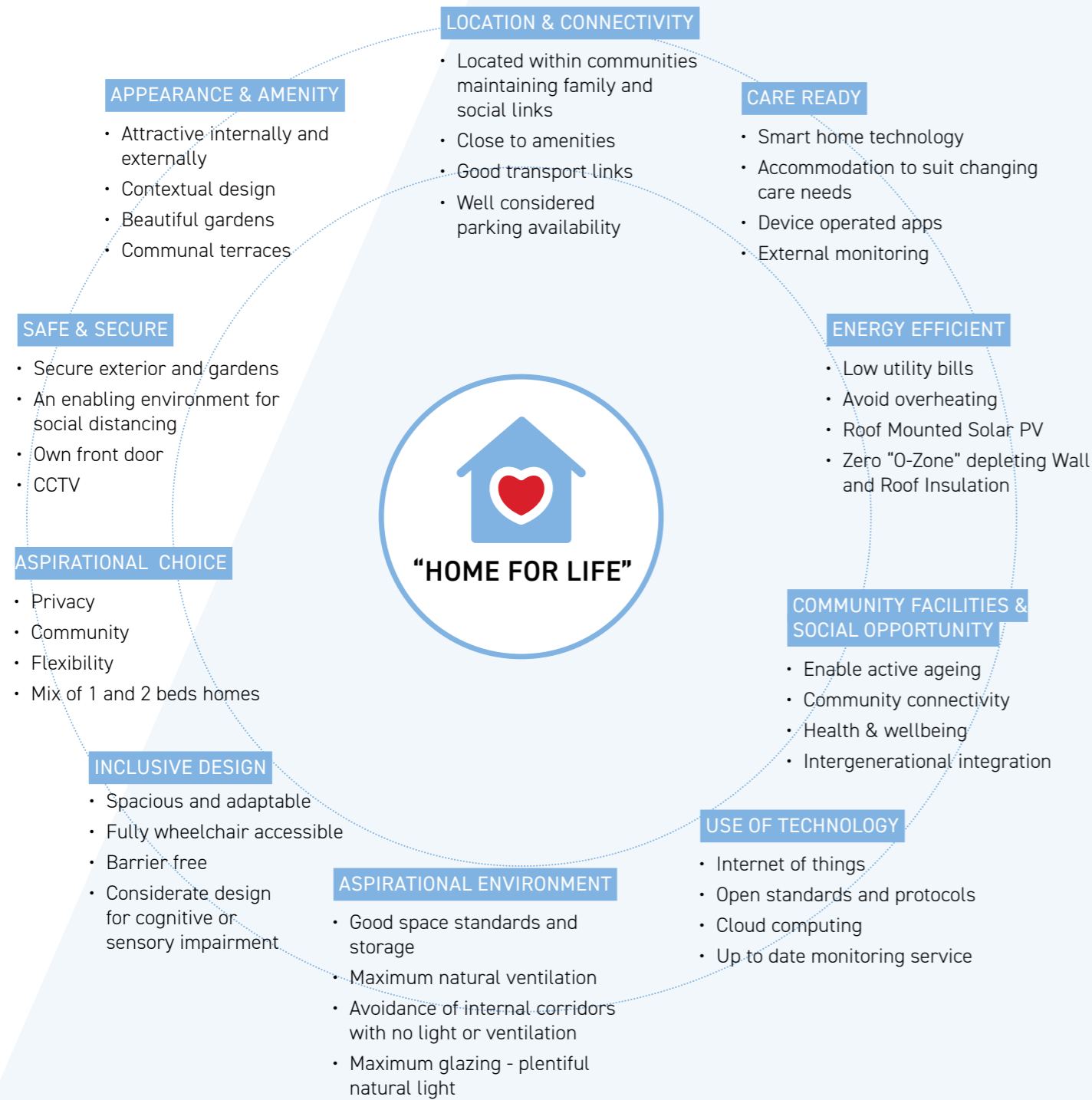
We design and deliver care facilities in which people want to live, work and visit loved ones – leveraging design techniques like using anchor buildings to draw people through an area or creating focal points that encourage engagement.

We believe that a successful residential care environment is somewhere that empowers a person to be confident and encourages independence in a safe environment and allows them to live with dignity and grace regardless of their health needs.

Our care facilities maximise operational efficiency for staff whilst being discrete to residents and visitors. Marrying together well thought architectural techniques and empathetic understanding is the foundation for all our care schemes.

Our design teams work across a wide range of sectors and have broad portfolio of care and social care projects, located throughout the UK. Every care scheme has been designed to individual requirements creating a diverse portfolio that demonstrates the versatility of our extra care portfolio and included consultation and input from future residents to help determine how their homes would look.

2.0 PRINCIPLES FOR DEVELOPMENT



3.0 IMPORTANCE OF SPACE

All Preferred Homes schemes respond to the HAPPI principles and Housing LIN guidance which are at the heart of our schemes.

Dwellings
 1 Bed, 2 Persons - 54 Sq.m
 2 Bed, 3 Persons - 68 Sq.m

Communal Spaces
 Communal lounge inc. Tea Kitchen
 Dining Area with Café or Bistro
 Provide multi-purpose flexible rooms including Therapy/Consulting Rooms/Activity Spaces
 Informal and flexible seating
 Living areas to encourage sociability and activity
 Resident Laundry Room
 Assisted Bathroom
 Family Room with en-suite
 Mobility Scooter/Buggy Park

Staff/Ancillary Space
 Reception/Managers Office
 Staff Office
 Staff rest room
 Staff changing room
 Staff Laundry
 Refuge store
 Cleaners stores
 General store
 PPE store
 Lifts
 Plantroom

Extra Care Design Guidance which our design team follows:
 HAPPI
 Housing LIN Guidance inc. – 'Design Principles for Extra Care Housing – June 2020
 National Design Guide – Ministry of Housing, Communities & Local Government
 Age UK – Later life in the UK
 United for all ages & Intergenerational Housing Network
 Architect's for Health
 Built for Life



4.0 INTERIORS

4.1 Thoughtful Interior Design

Inspiring and well considered and homely interior design and finishes play an important part in all Preferred Homes developments. We believe that intelligent interior design helps to make a resident feel at home. It can prompt memories and intertwine familiarities from the surrounding area.

Our finishes are carefully selected, and our interiors are thoughtfully designed, to aid residents who may have cognitive, visual, hearing or physical impairments. This inclusive design approach ensures all residents feel 'at home' throughout the building.

Preferred Homes believes that the key to a successful extra-care scheme is its community. All schemes are designed to nurture and grow a 'micro' community within the new building. The building's 'openness' and 'welcoming feel' and atmosphere created encourages integrated, intergenerational use of all the communal 'public' facilities which the building offers.

In our interior design, Preferred Homes considers the University of Stirling "gold standard" of interior design and the Thomas Pocklington Trust design guide for sight loss.

Our designers responding to local and individual requirements encapsulate each of the following interior design criteria in our schemes:

- A welcoming entrance with lots of natural light
- Considered use of colour, texture and pattern
- Historical references to give context and offer familiarity through imagery and materials.
- Communal areas: a social atmosphere avoiding an institutional feel.
- Themed floors and clusters offer helpful wayfinding and an interesting aesthetic.
- A minimum 30 point difference in Light reflective value (LRV) is ensured throughout the building, differentiating walls strongly from floors.
- A flush/level floor finish ensuring no trip hazards. Sudden drastic colour changes in floor finishes avoided. Colour & subtly patterned carpets, vinyl's thoughtfully selected.



4.0 INTERIORS



- Careful consideration given to surface treatment. Soft finishes offer comfort and cosiness whilst also aiding sound absorption. This results in better acoustics which are especially important for those with impaired hearing.
- Specify appropriate furniture
 - Offer a choice
 - Impervious
 - Anti-bacterial
 - Flame Retardant
- Lighting is sensitively designed: task lighting, mood lighting and feature lighting are atmospheric and can reduce glare.
- Signage thoughtfully selected and at the correct height aiding wayfinding and is :-
 - Part of wider interior design scheme
 - Stylish
 - Easily legible
- Ease of upkeep is important so all finishes facilitate maintenance and hygienic cleaning.



4.2 Best Practice Interior Design

It is recognised that a number of Preferred Homes future residents may be living with dementia. To ensure that all residents feel comfortable and 'at home' within the environment, each scheme will demonstrate best practice dementia design. These principles include:

- Each communal space sensitively designed having free flowing connections to adjacent spaces, avoiding convoluted routes and areas where a resident may feel lost and intimidated.
- Open plan zones allowing easy connections for residents between spaces, helping to reduce possible confusion and frustration.
- Open plan communal areas comfortably accommodate group gatherings and are designed with divisibility to offer residents a quieter space, a little snug, niche to sit, read or chat to a friend.
- Flexibility cleverly introduced with the use of screens and planting.
- Glazing used internally to open up rooms, making them easier to find while filtering natural daylight into adjoining inner rooms and corridors.
- Use of natural daylight, the best form of light, offers more colour and brightness than artificial light.
- Artificial lighting carefully planned and artificial illumination products considered. For example Rempod 'sky' ceiling lights can create atmosphere and increase light levels in a sensitive manner, likewise solar tubes.
- Carefully considered signage implemented to aid way-finding. Simple pictorial images positioned in the line of view assist people without causing frustration, and help facilitate independent living.
- Circulation routes carefully planned. For example, increasing width of corridors, bringing in lots of natural daylight, introducing stopping/seating zones, and providing points of interest to break up the monotony of the corridor, ensuring all corridors lead to a destination.
- Engaging artwork to provoke memories; familiar local landmarks, local places or historic events. Mounted at eye level so that a resident recognises it as a piece of artwork and does not miss it or need to strain to view it.



5.0 BENEFITS OF GOOD LANDSCAPING

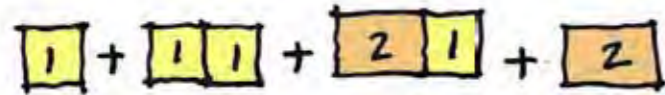


6.0 DYNAMIC DESIGN & EFFICIENCY

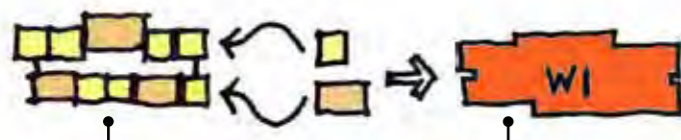
- Core Design - building designed so that cores are kept to a minimum.
- Fire Engineering – cost efficient solution including sprinkler or mist fire suppression systems.
- Repetition and stacking of apartments for maximum efficiency.
- Circulation areas within apartments kept to a minimum to ensure good sized habitable rooms whilst keeping apartment floor areas to HAPPI principles and Housing LIN guidance.
- A rhythmic façade – allowing for mass purchasing by the contractor and producing an attractive aesthetic.
- Clever detailing implemented rather than expensive materials.
- The mechanical and electrical (M&E) solution simplified, for example by simply venting each bathroom/en-suite to an external wall this can significantly reduce M&E costs. If the vents follow the facades rhythm and have a thoughtfully specified cover this can add to the aesthetic.
- We believe that giving the smallest details the greatest consideration, a well thought out, attractive building can be created whilst cost efficiencies maintained.



Modular units for 1 and 2 bed apartments



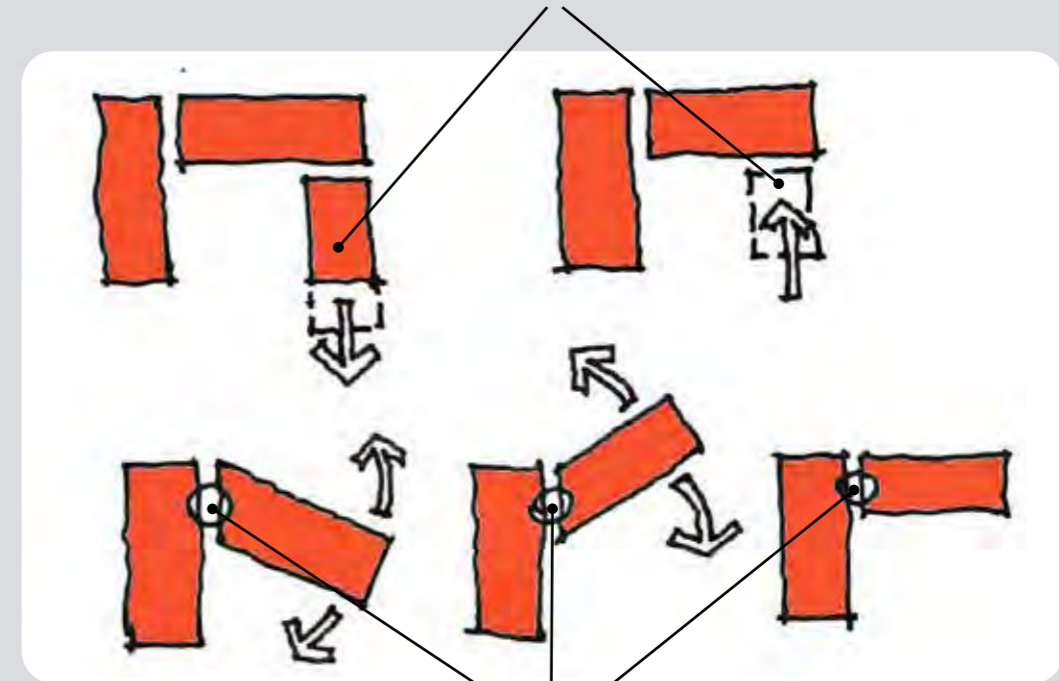
Multi combination of units can be adapted to suit different requirements



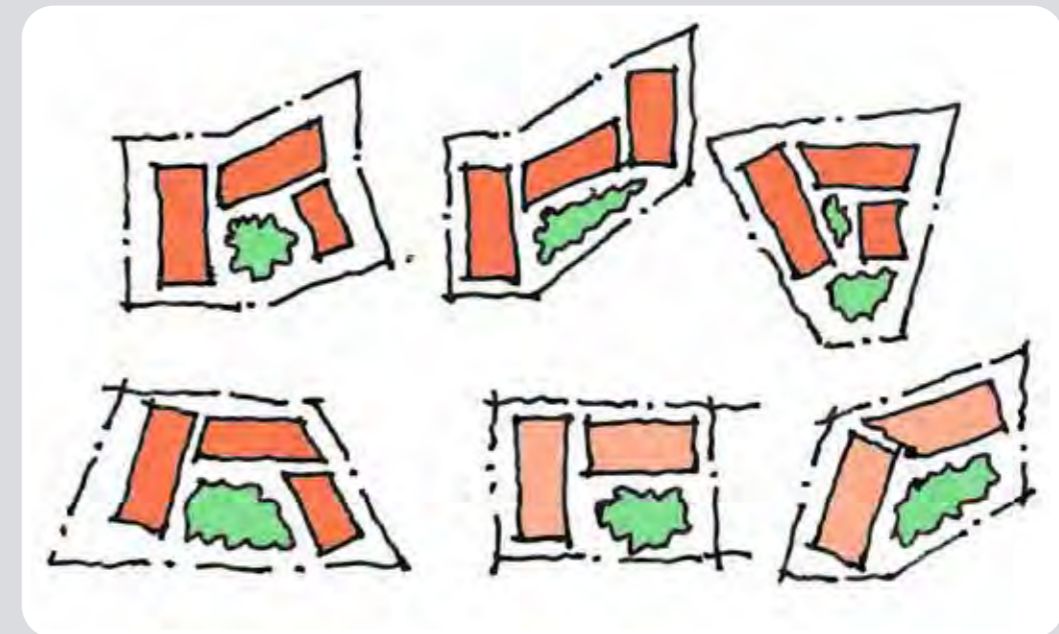
Different combination of apartments that can be added to or taken away. These create clusters of rooms that form each wing in the scheme

Different combination of apartment clusters can be added to or taken away. These will provide layouts that can be adapted to different site shapes and sizes.

These can also set the model using standard layouts to be used for both urban and suburban models



Using the corner areas as pivot points each wing can swing to adjust to the shape of the site.



Flexible layout design

7.0 INTERGENERATIONAL APPROACH

There is a current drive in the care sector to move towards an intergenerational approach. For example Apples & Honey Nightingale were the first company in the UK to include a nursery within the elder care setting. Many more companies pre Covid were embracing this approach as it has been proven to benefit both the children and the elderly.

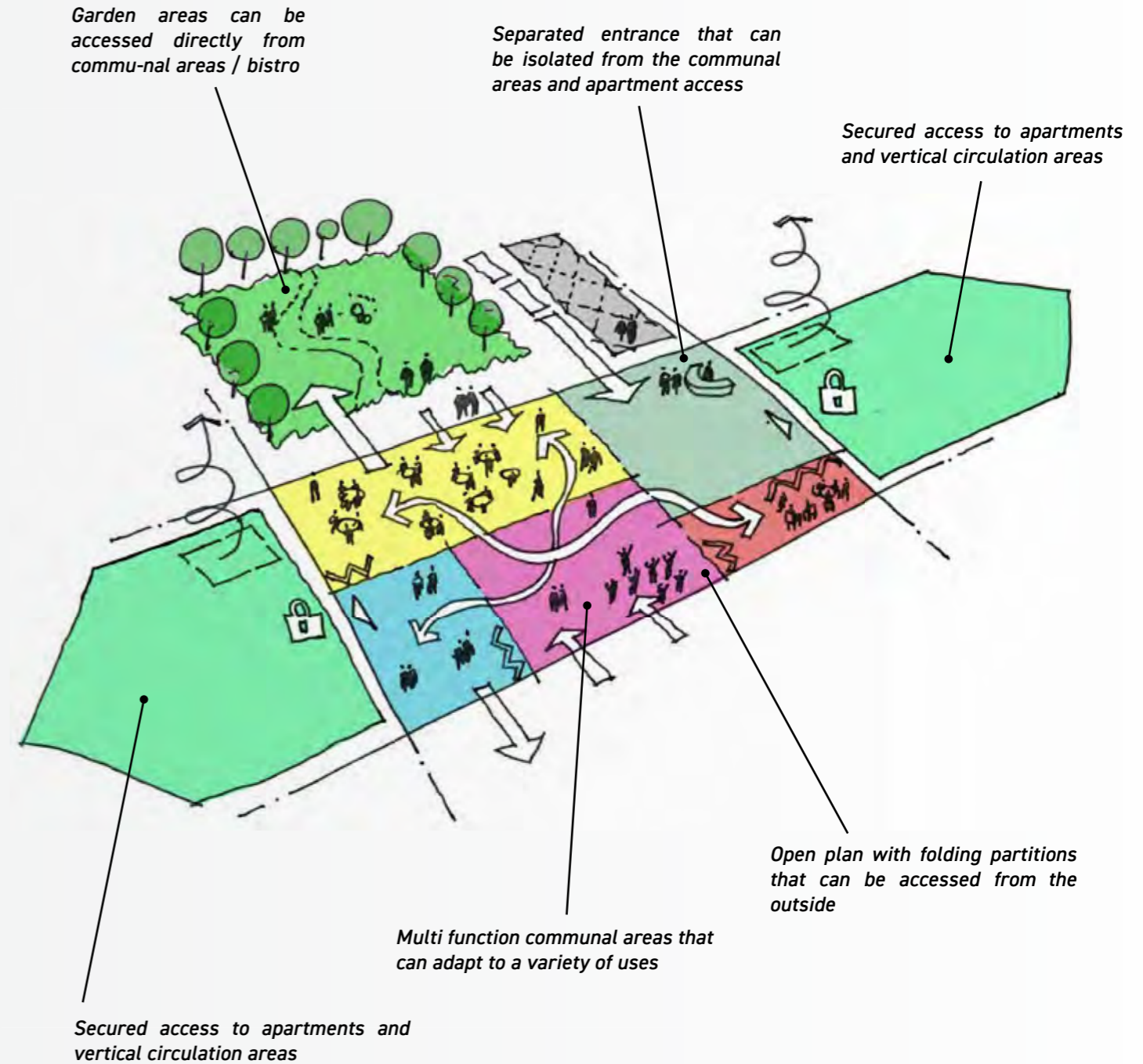
The forced segregation brought on by Covid has stressed the importance of integrated living more than ever. United for All Ages and The Integrated Housing Network strongly advocate this policy. A number of Local Authorities, Care providers and Nurseries are interested in the potential that this intergenerational approach offers and Preferred Homes believe that post Covid this will continue to gain momentum. Preferred Homes is promoting intergenerational activity in our schemes with ideas such as time capsules and learning about different generations.



Intergenerational care ranges from:

- 'Mother & Toddler' groups in an elder care setting
- Schools visiting Extra Care facilities one or more times a week
- On-site nursery with shared provision.

Preferred Homes provides flexible 'multi-purpose' areas within our schemes and these fluid spaces would lend themselves to a number of intergenerational possibilities. Each scheme has its own public bistro or cafe where people of all ages from within the local community will be encouraged to visit.



We create a safe and protected environment for our residents in such a way that they still feel they are at 'home'



8.0 RESPONDING TO COVID-19

How our buildings design respond to Covid 19 and the threat of possible future viral risk

Whilst Extra Care has proved effective in the context of COVID-19 and other infections, Preferred Homes believe infection control is essential and all our schemes are designed to ensure ease of infection control.

Preferred Homes have taken current learning and adopted and improved building design to reflect its approach to infection control whilst maintaining a homely feel.

Hygiene stations provided in all shared spaces; for ease and to prompt frequent hand sanitising with well-considered design which doesn't overly influence the aesthetic.

Different points of access are provided for different uses such as external access to the overnight family room and plant rooms; only residents and their visitors use the main entrance. Staff and deliveries enter/exit at a different location.

Providing power and water to ambulance bays to allow mobile testing units to set up externally.

The flow/movement within the building is well considered and will include:

- Ability to create one way routes
- Apartment entrances setback to ease passing in all corridors
- Adequate passing and waiting space around lift and staircase cores

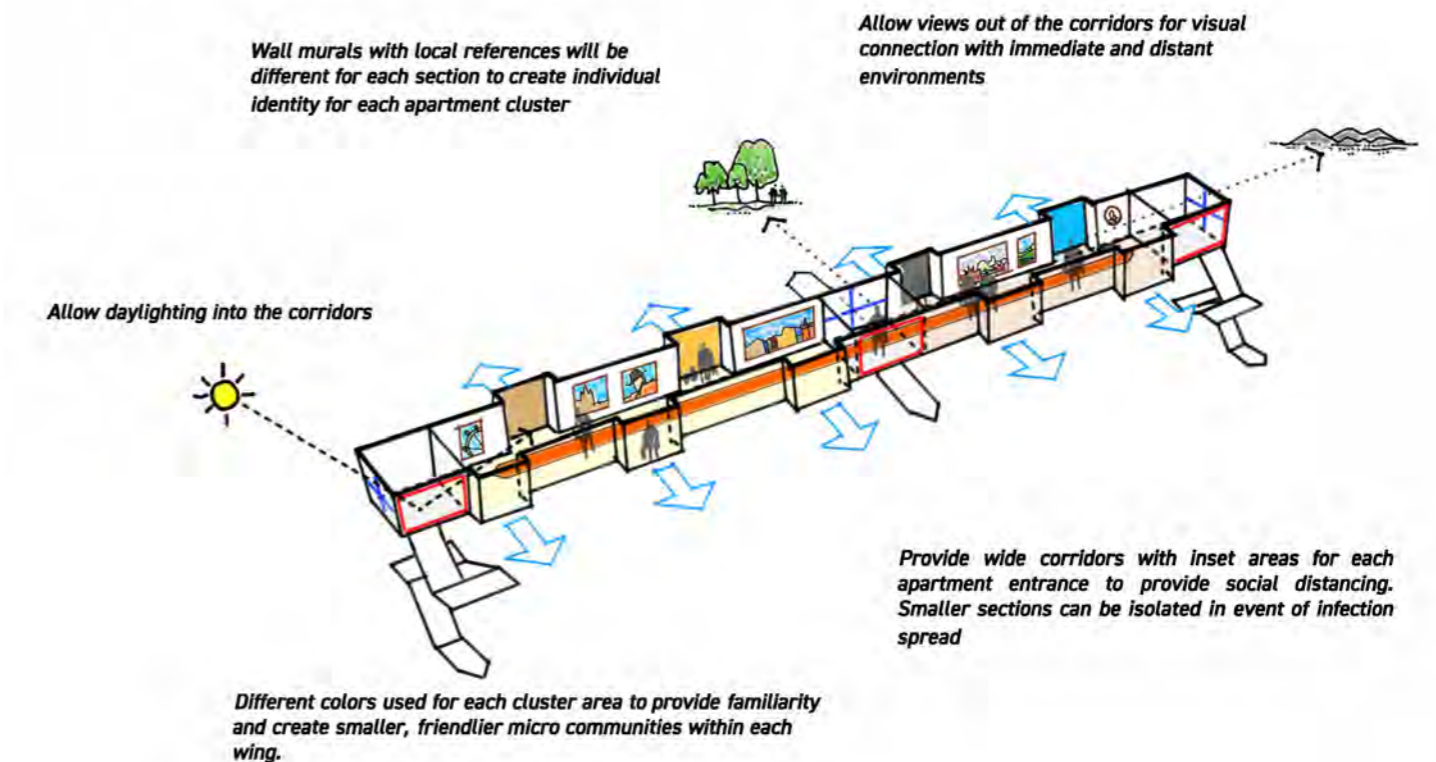
Additional cross corridor doors in locations to further control access to certain areas, linked to a programmable fob so as to only allow access into these areas when required, creating containment centres during a viral outbreak.

Multiple points of access into the garden.

Dedicated PPE store.

Heating, ventilation and air conditioning (HVAC) systems in common areas will be designed to achieve more frequent air changes including increased levels of fresh air intake, allowing to be isolated if required.

Good levels of natural ventilation.

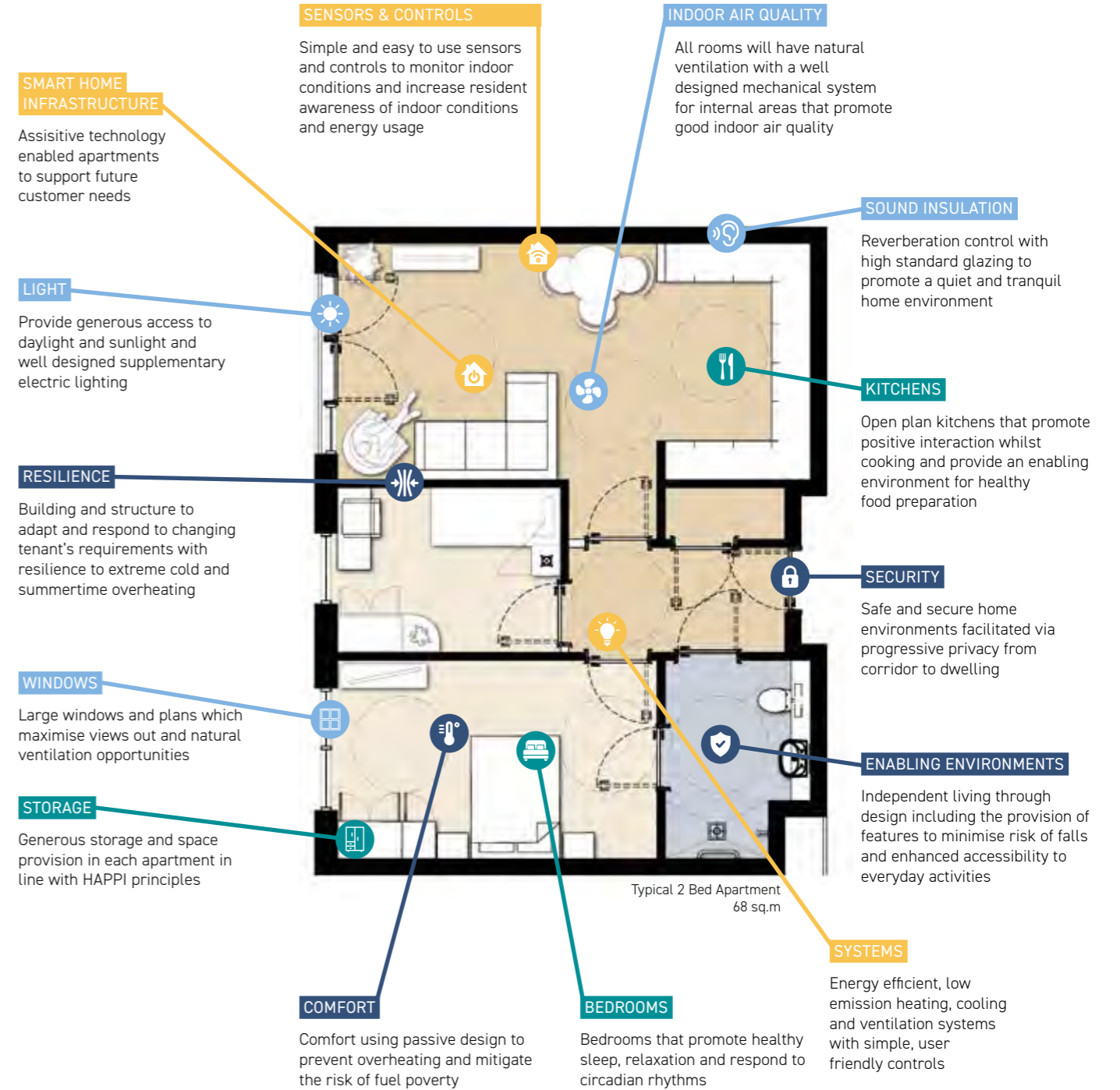


9.0 PREFERRED HOMES MODEL

9.1 Indicative Apartment Floor Plans

Typical 1 Bed Apartment
54 sq.m

Typical 2 Bed Apartment
68 sq.m



9.2 Urban Model

In an urban location where the land available for development is limited and land costs are at a premium, consideration must be given to the use of air rights. Expanding a development vertically can give increased possibilities and sits favourably in most urban environments.



Street Scene



Street view showing vehicle entrance



Urban Ground Floor Plan



Total Building: 77 Units

Urban Model Gross Internal Area

Floor	Area (sq.m)
GF	1170
1F	1170
2F	1170
3F	1170
4F	1170
5F	1170
Total GIA	7,020 sq.m

Key:

- 1 Bed Residential Apartments
- Communal Multi-use Spaces
- Circulation
- Staff
- Services
- WC
- Overnight Family Room

Urban First Floor Plan



Number of Units: 14

- Key:
- 1 Bed Residential Apartment
 - 2 Bed Residential Apartment
 - Communal Space
 - Circulation
 - Staff
 - Services

Urban Fifth Floor Plan

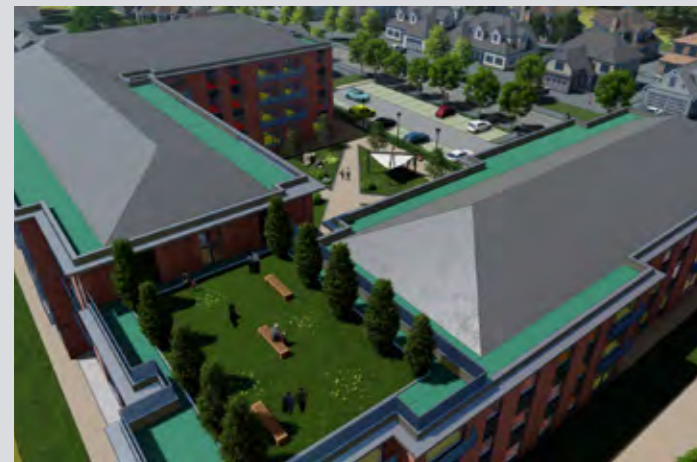


Number of Units: 14

- Key:
- 1 Bed Residential Apartment
 - 2 Bed Residential Apartment
 - Communal Space
 - Circulation
 - Staff
 - Services

9.3 Suburban Model

In a suburban location, where the land for development is more widely available and land costs more economical, it is likely that there is less opportunity for vertical spread. As such a different model has been generated for this type of scenario.



Suburban Ground Floor Plan



Total Building: 80 Units

Suburban Model Gross Internal Area

Floor	Area (sq.m)
GF	2037
1F	1958
2F	1958
3F	1924
Total GIA	7,077 Sq.m

Key:

- 1 Bed Residential Apartment
- 2 Bed Residential Apartment
- Communal Multi-use Spaces
- Circulation
- Staff
- Services
- WC
- Overnight Family Room

Suburban First and Second Floor Plan



Number of Units per floor: 24

- Key:
- 1 Bed Residential Apartment
 - 2 Bed Residential Apartment
 - Communal Multi-use Spaces
 - Circulation
 - Staff
 - Services
 - WC
 - Overnight Family Room

Suburban Third Floor Plan



Number of Units: 14

- Key:
- 1 Bed Residential Apartment
 - 2 Bed Residential Apartment
 - Communal Multi-use Spaces
 - Circulation
 - Staff
 - Services
 - WC
 - Overnight Family Room

10.0 CONCLUSION

Preferred Homes is delivering and owning a new generation of community based extra care schemes to meet elderly residents' needs in open, connected and outwardly facing environments.

Whilst truly affordable, our schemes are accessible and sustainable, enabling residents to live their lives alongside other residents, respecting privacy but embracing community.

Great design and sustainability which respects HAPPI principles runs through our thoughtful approach incorporating up to date learning from COVID-19 and Grenfell.

Our buildings reject social isolation. Light, space, openness and a deep understanding of meeting varying care needs including dementia are a thread throughout our urban and suburban designs.

Our designs present a uniform and consistent approach which is flexible to changing demands and thinking within the sector including the HAPPI principles and Housing LIN guide. We also respond individualistically to differing sites and places where we build. Our homes are open to adjacent communities and facilities and the opportunities for other generations to converse and engage in activities in our schemes to enrich a community experience for all our residents.

We are creating 'homes for life' with flexibility to encompass individual care needs as they change over the years.

Retirement living is a growing need as our elder population increases exponentially. Equally, ensuring affordability for those unable to fund from their own resources is critical in delivery.

We welcome all residents to the Preferred Homes way of living.



11.0 CONTACT



For further information please contact



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