

W E L C O M E T O

The High Value of Low Income Housing



Meet your Speakers



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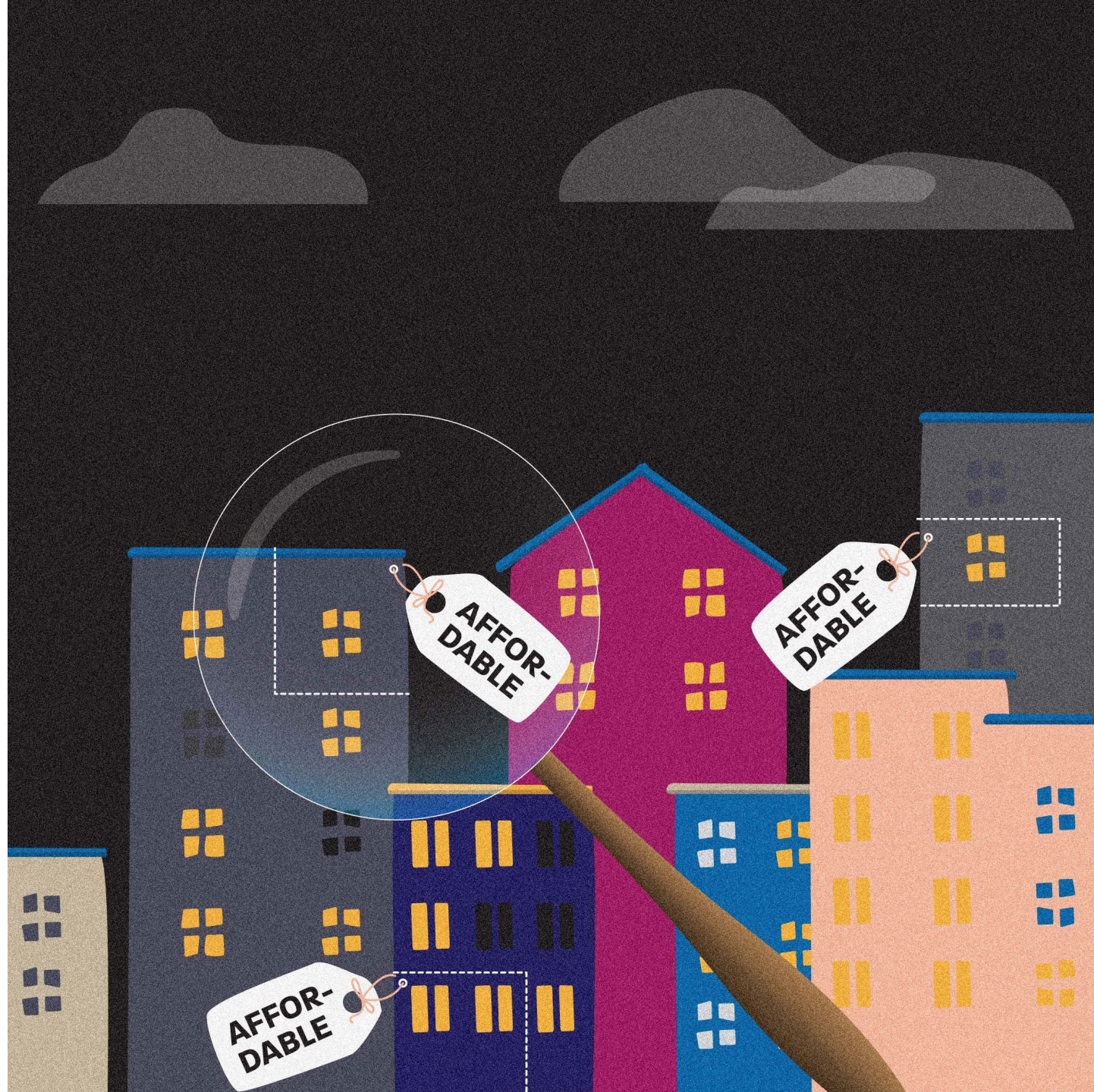


AGENDA

- 01** AFFORDABLE HOUSING OVERVIEW
- 02** THE BIG PICTURE – DEMOGRAPHICS + STATISTICS
- 03** CASE STUDY – LA ROSA VILLAS, LEROY, NY
- 04** TARGETED DESIGN INTERVENTIONS

AFFORDABLE HOUSING OVERVIEW

Many seniors retire after having worked in lower wage jobs with limited health insurance and/or modest retirement plans. With increased longevity, these same seniors will now live for decades on fixed incomes with few resources to pay for the basic supports needed as they age. (5)



KEY ASPECTS OF AFFORDABLE SENIOR HOUSING COMMUNITIES

ELIGIBILITY

Age: 55 or 62+
Income: Based on AMI

55+

RENT SUBSIDIES

Allows individuals to pay a reasonable portion of their monthly income



REGULATION

They function as “independent” housing communities



STAFFING

Minimal staffing:
Operations vs. Service Coordinator



FUNDING

Operating under tight budgets



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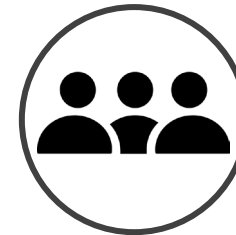
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1. AFFORDABLE HOUSING OVERVIEW

THE JOURNEY FOR SENIORS

STEPS ON THEIR JOURNEY

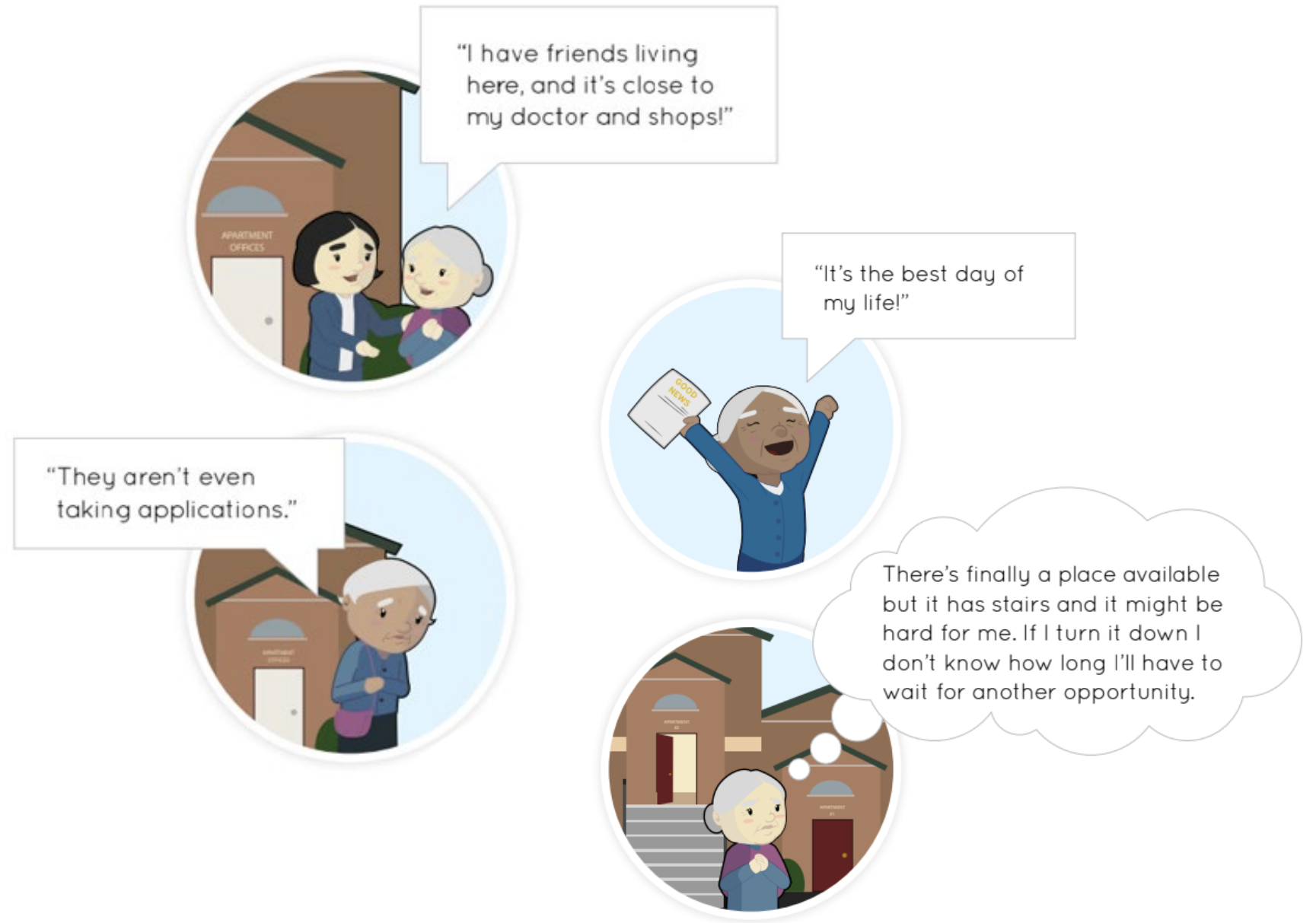
- Explore options
- Apply & Wait
- Accept & Move-in
- Live

TYPES OF ASSISTANCE

- Housing Choice Vouchers
- Nonprofit organizations

CURRENT ISSUES

- Scarcity of options
- Long waitlists
- Lack of support system
- Complex process



THE BIG PICTURE

Low-income seniors who live in affordable housing pay 30 to 35 percent of their income for housing. In contrast, ...seniors on the waiting list for affordable housing pay approximately 74 percent of their income for housing. (5)

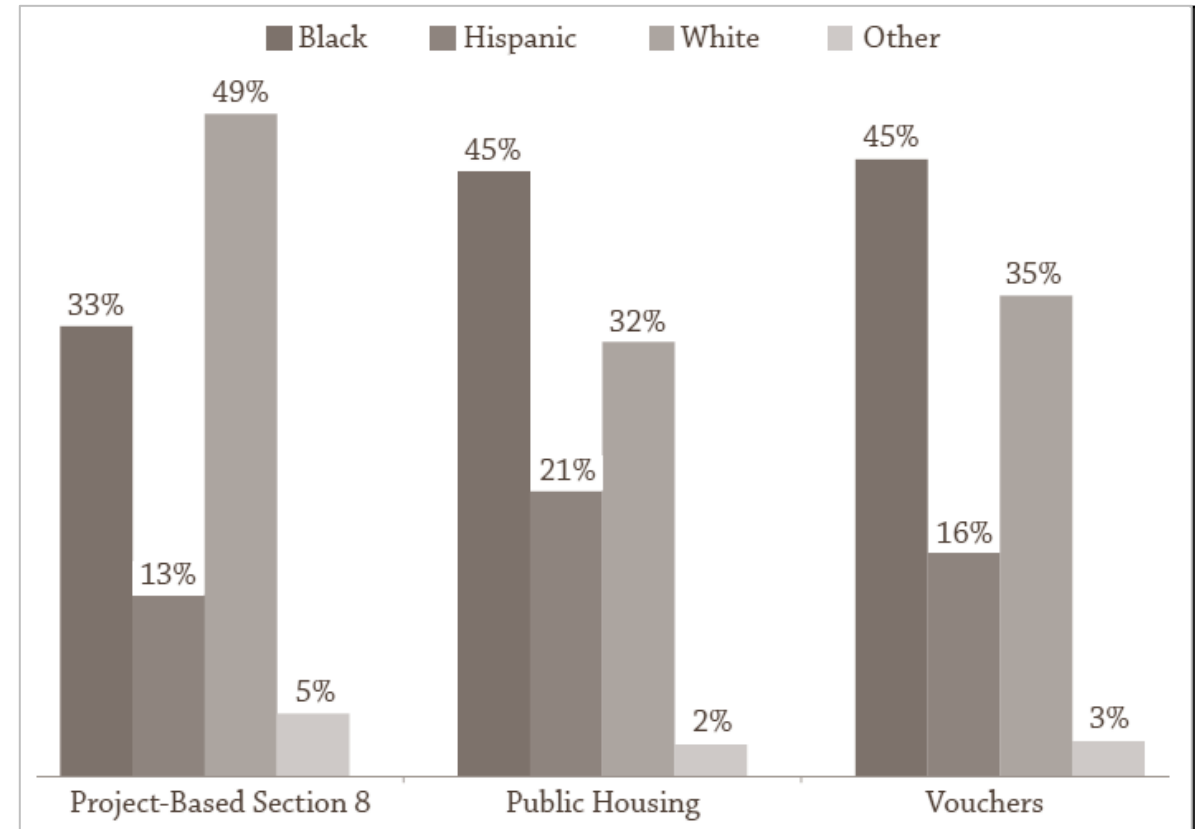


DEMOGRAPHICS

01 STATS

- In 2021, 5.8 million people aged 65+ lived in poverty
- An estimated 400,000 low-income older adults reside in publicly subsidized senior housing... (17)
- Average age of residents in Section 202 properties is 79. 39% are older than 80 (7)

Info Graphic Below: "Who lives in Federally assisted housing?"
Housing spotlight, vol. 2, issue 2, November 2012, 1-6.



SOURCE: NLIHC tabulations of Public Use Microdata Sample.
www.huduser.org/portal/pumd/index.html

DEMOGRAPHICS

01 STATS

- 72% of Section 202 housing units are female-headed households. (20)
- Households living alone
 - 40% of households in their 70's
 - 60% of households in their 80's (14)

“Older adults—particularly women—are increasingly likely to live alone...”(14)

chart 1 | PERCENTAGE OF FEMALE-HEADED HOUSEHOLDS BY HOUSING PROGRAM



SOURCE: NLIHC tabulations of Public Use Microdata Sample.
www.huduser.org/portal/pumd/index.html

DEMOGRAPHICS

02 CHALLENGES

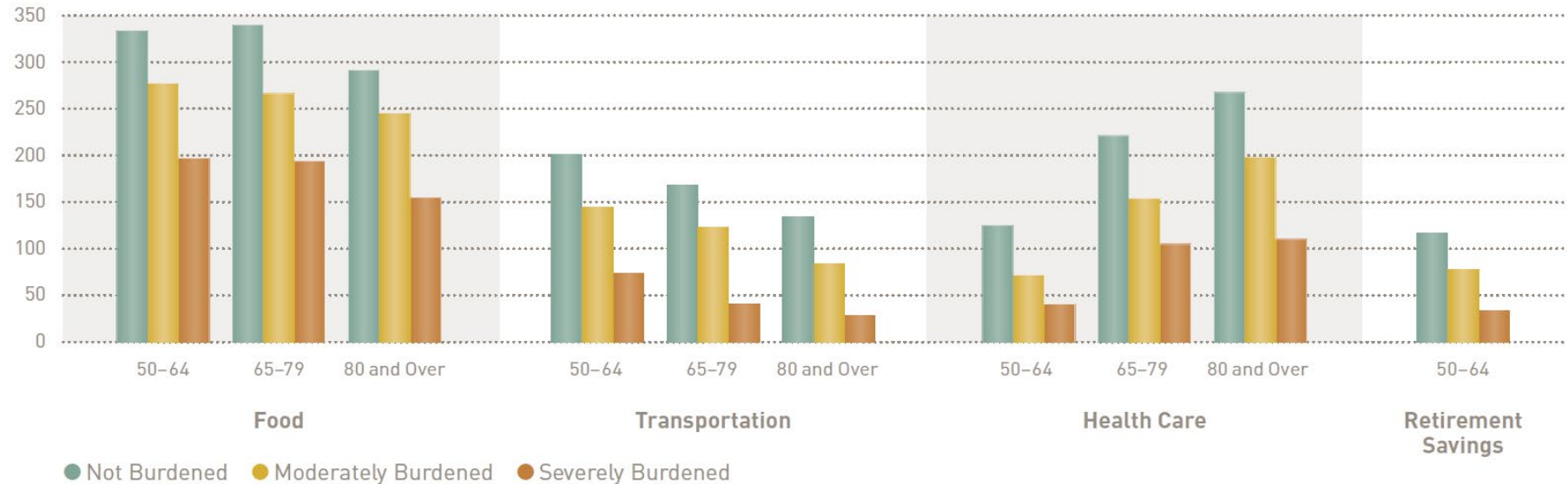
Low-income seniors who live in affordable housing pay 30 - 35% of their income for housing. In contrast, ... seniors on the waiting list for affordable housing pay approximately 74% of their income for housing. (5)

the average reported income of older applicants for subsidized rental units is \$10,000.

Severely cost-burdened adults on average,

- Spend 43% less on **Food**
- Spend 59% less on **Healthcare**

AVE. MONTHLY SPENDING BY HOUSEHOLD IN THE LOWEST QUARTILE BY AGE GROUP (14)



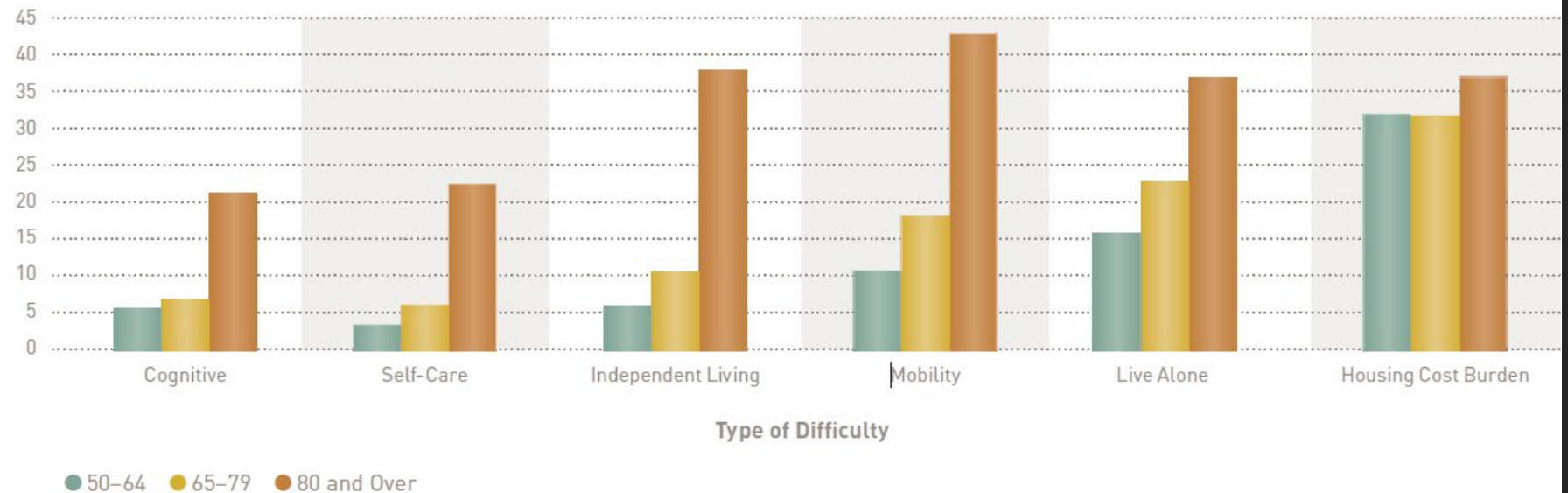
HEALTH + WELLBEING

02 CHALLENGES

1. **(Functional) Disability**
2. **Chronic Conditions**
3. **Depression**
 1. Stress / Loneliness
4. **Cognitive Decline**











...just **14% of older adults in the highest household income group** (\$75,000 and over) have at least one difficulty or disability, compared with over **45% of those in the lowest income group** (less than \$15,000). (14)

AGING BRINGS INCREASING RISKS OF DISABILITY, ISOLATION, AND FINANCIAL DISTRESS
SHARE FACING DIFFICULTY BY AGE GROUP (14)



WHAT: Evaluate the success / failure of the physical environment of a completed senior affordable housing project to positively / negatively impact quality of life for residents based on the following desired outcomes:

OUTCOME PRIORITIES

DESIGN TO MITIGATE	<p>DEPRESSION</p> 	<p>CHRONIC ILLNESS/ (FUNCTIONAL) DISABILITY</p> 	<p>COGNITIVE DECLINE</p> 	<p>FALLS</p> 	<p>FEAR</p> 
DESIGN TO FOSTER	<p>SOCIAL INTERACTION</p> 	<p>PHYSICAL ACTIVITY</p> 	<p>TIME SPENT OUTDOORS</p> 	<p>POSTIVE SLEEP HYGIENE</p> 	<p>FEELINGS OF SAFETY + SECURITY</p> 

WHY: Improve our Practice.

CASE STUDY

LA ROSA VILLAS

Le Roy NY

- 60 Total Units including:
- 30 ESSHI beds (mix of Frail elderly + SMI)
- 6 studios, 48 one-bedrooms and 6 two-bedroom apartments

Gross Income Limits

La Rosa Villas, Genesee County	30% AMI*	60% AMI
One person	\$18,150	\$36,300
Two persons	\$20,760	\$41,520
Three persons	n/a	\$46,680
Four persons	n/a	\$51,840

*There are 9 one-bedroom apartments set aside for households at this income level, with a lower rent at \$387/month.

Rent (with all utilities included):

- \$622 per month for a studio apartment
- \$387-\$688 per month for a one-bedroom apartment
- \$816 per month for a two-bedroom apartment

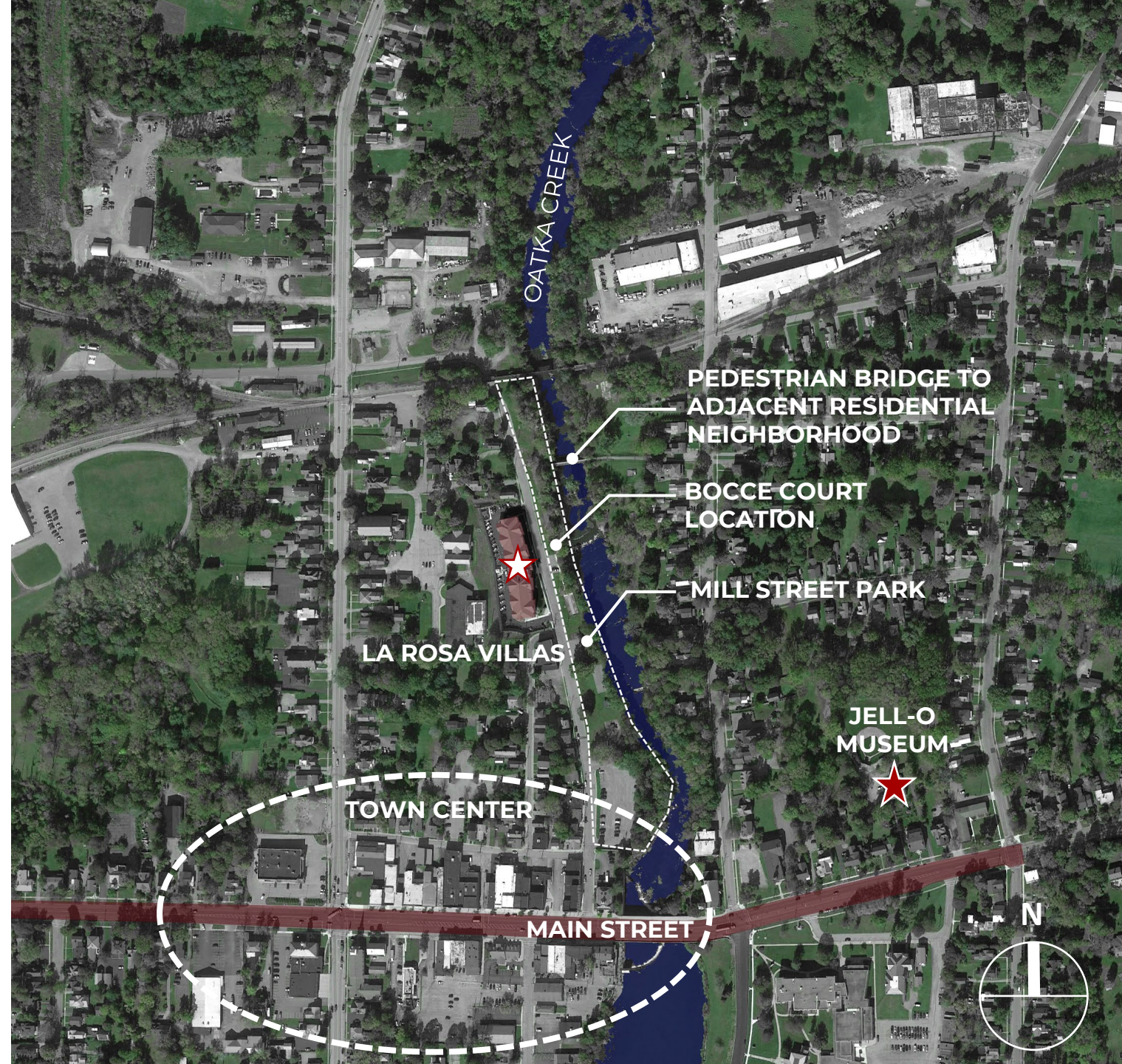


CASE STUDY

LA ROSA VILLAS

Le Roy NY

- Adjacent to Oatka Creek & Mill St. Park
- Small town center located within ½ mile





PROCESS

- SITE VISIT
- TARGETED INTERVIEWS W/ STAFF + ADMINISTRATION (ENTRY + CLOSE-OUT)
- RESIDENT SURVEY
- FOCUS GROUPS

SITE VISIT

La Rosa Villas
Leroy, NY

01

ABOUT THE COMMUNITY

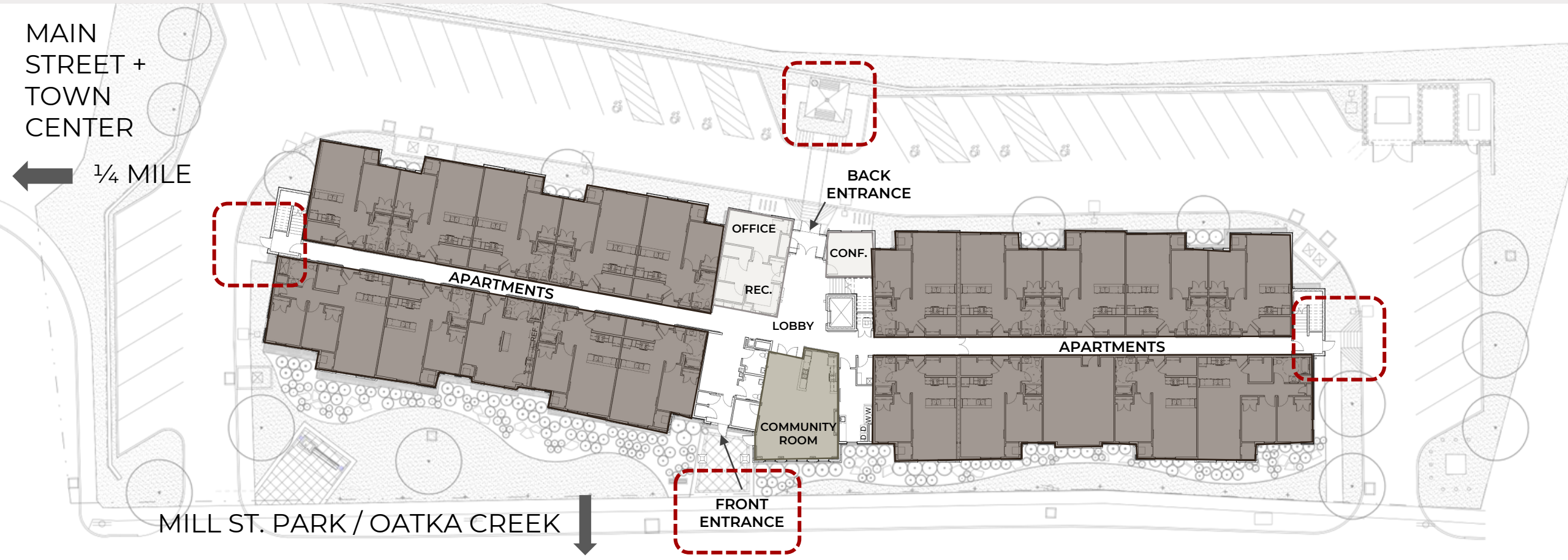
STAFF:

- Property Manager
- Full time maintenance employee
- (2) Supportive Housing Staff
 - (Service coordinators)



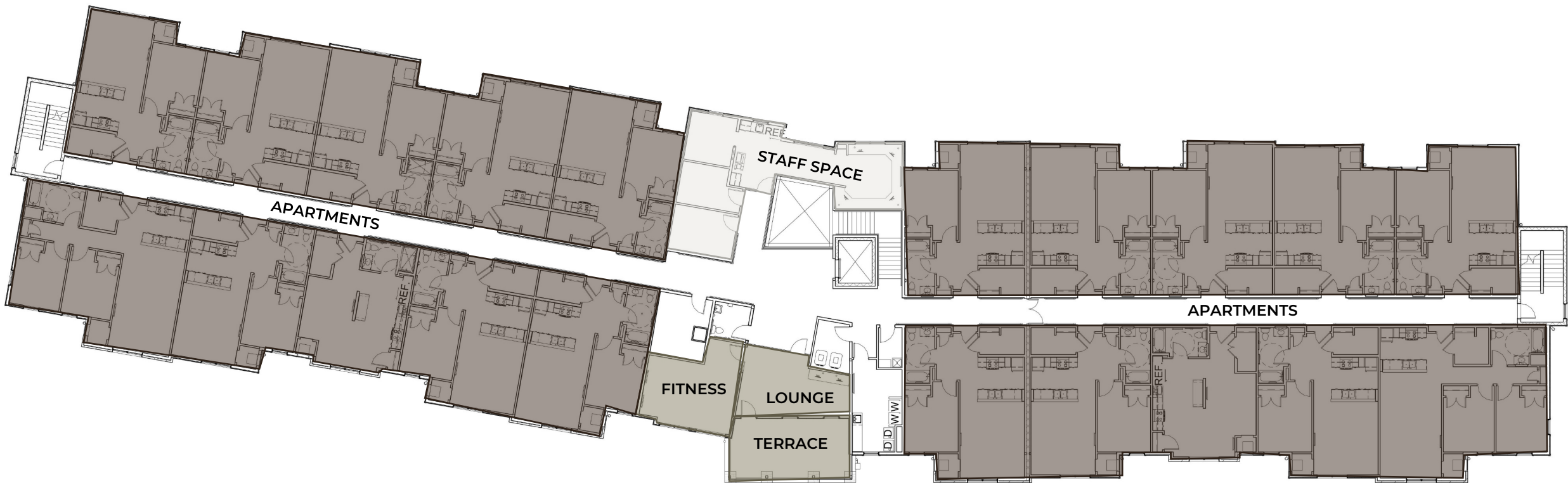
FLOOR PLANS

1ST FLOOR & SITE PLAN



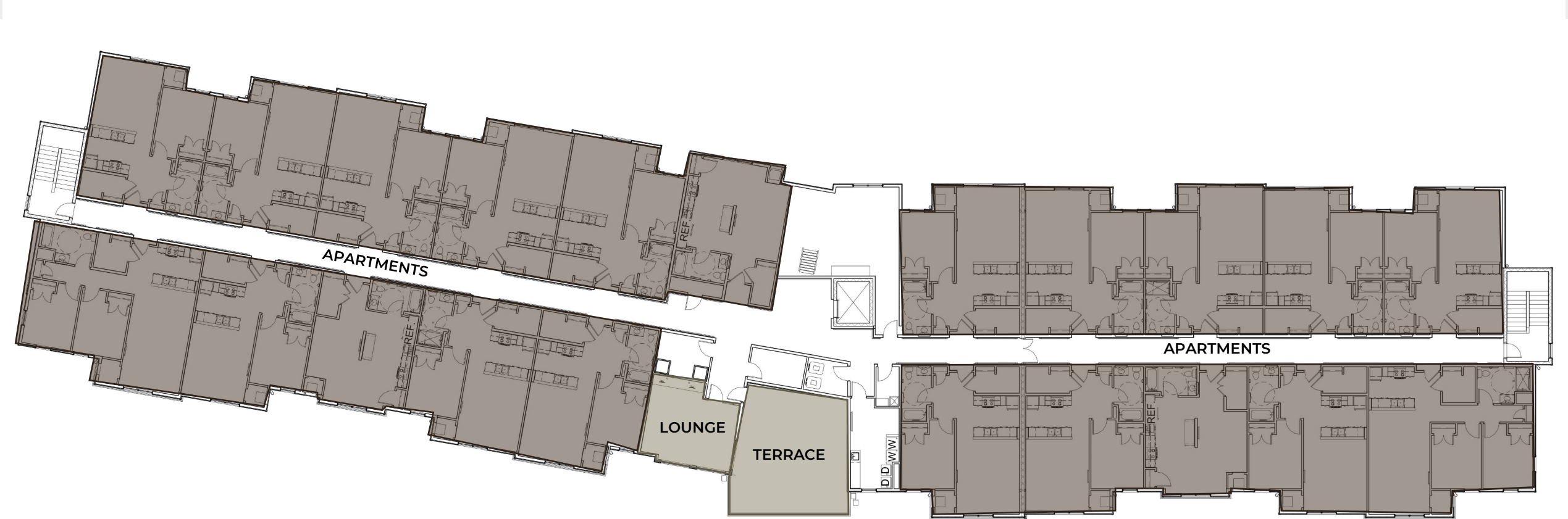
FLOOR PLANS

2ND FLOOR



FLOOR PLANS

3RD FLOOR



RESIDENT SURVEY

Survey broken into three sections:

- 1) Demographics
- 2) Physical Wellbeing
- 3) Emotional Wellbeing
- 4) Amenity Rankings

- Printed surveys distributed to each apartment
- 30 surveys returned for analysis (50% response rate)

SURVEY

Age: ___ Sex: ___ Male ___ Female ___ Other Marital Status: ___ Married ___ Single
 Number of people in your apartment: _____ How long have you lived here: _____
 Where did you live before: _____
 How long did you live there: _____
 Reason for leaving: _____

Physical Wellbeing

1. In general, how would you rate your health today?
 Very Good Good Moderate Bad Very Bad
 Any reasons you'd like to share as to why you answered that way?

2. The following are activities you might do during a typical day. Does your health now limit you in these activities? If so, check the box for how much?

	Yes, limited a lot	Yes, limited a little	No, not limited at all
Getting Dressed			
Preparing Food and Eating			
Walking Several Blocks			
Getting up From a Chair			
Bathing/ Showering			
Climbing One Flight of Stairs			
Climbing Several Flights of Stairs			

3. How many days a week do you exercise?
 3 or more 2 days 1 day None
4. What types of exercise activities do you like to do? Where do you do these activities?

5. Do you feel you have easy access to fresh and healthy foods while living here?
 Yes No
 If yes, where do you get them?
 Grocery Store Farmer's Market Local Garden
 Other (Please Specify): _____
6. Do you take walks? Yes No
 If yes, where do you go?
 Mill St. Park Shops on Main St. Just Around the Block
 Other (Please Specify): _____
 How many days a week do you take walks?
 3 or more 2 days 1 day Never
7. Is it easy for you to access outdoor space? Yes No
 If no, what is in your way?

8. Do you feel you get enough sleep living here? Yes No
 If not, why?

RESIDENT SURVEY

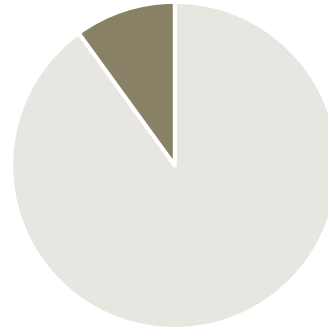
01 DEMOGRAPHICS

- Average Age 70yrs
- Oldest: 85
- Youngest: 60

- Years at La Rosa:
- 26% 1 yr or less
- 74% 2 yrs +

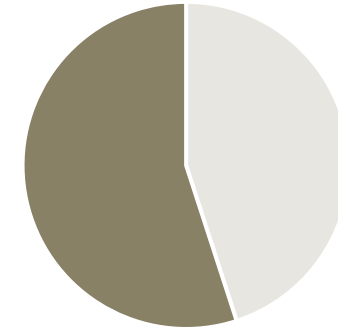
- **40% of households in their 70's live alone**
- **60% of households in their 80's live alone(14)**

Marital Status



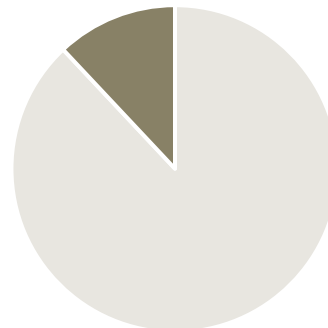
■ Single ■ Married

Sex



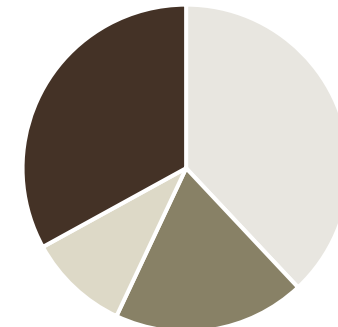
■ Men ■ women

of people in Household



■ 1 Person ■ 2 People

Years at Previous Residence

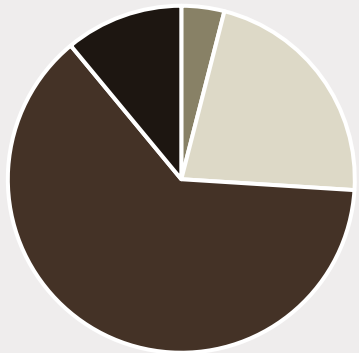


■ 3 yrs or less ■ 3-10 yrs ■ 10-20 yrs ■ 20 yrs +

SURVEY DATA

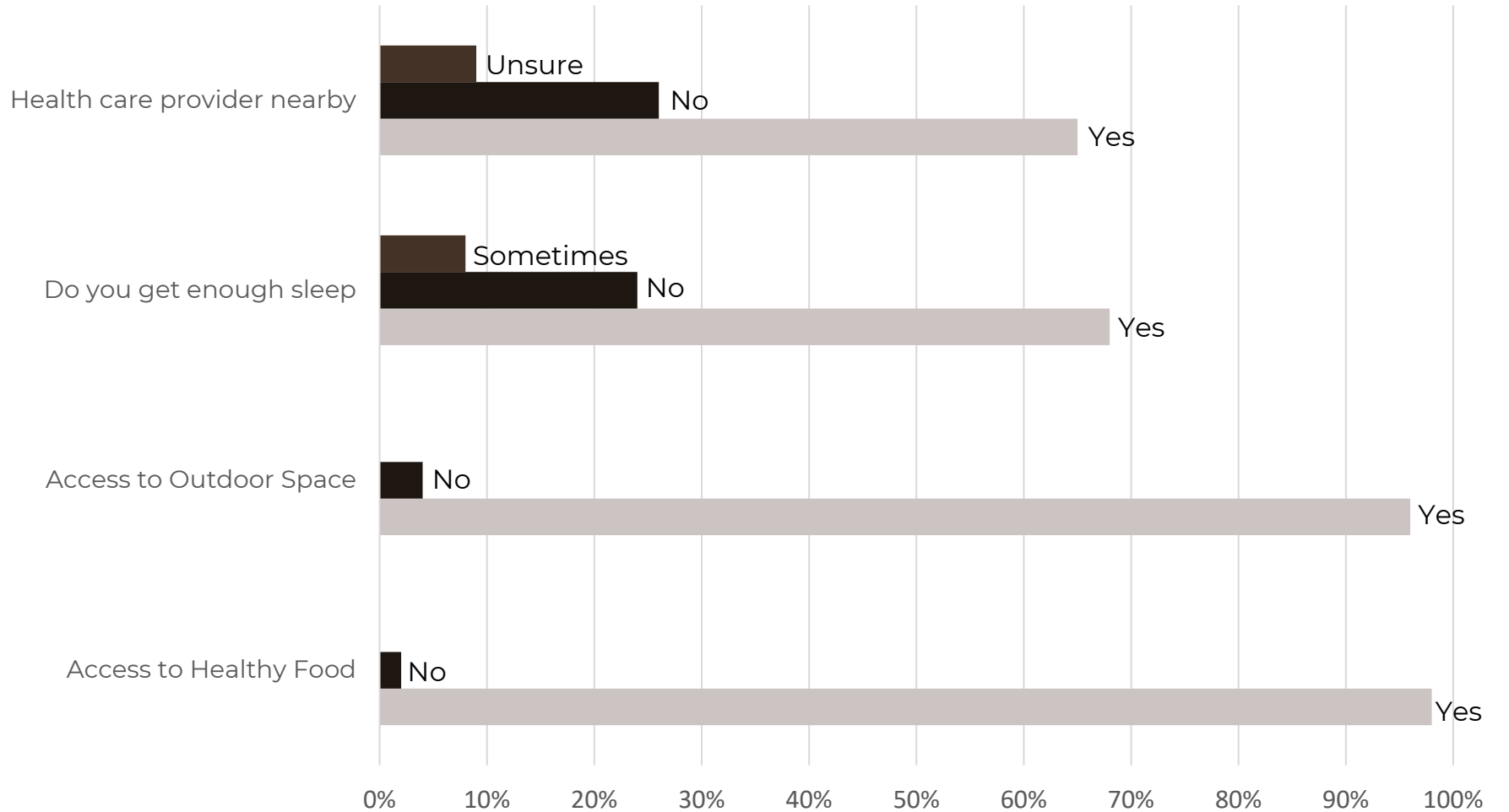
02 PHYSICAL WELLBEING

Self-Rated Health



Very Bad Bad Moderate
Good Very Good

Health Indicators ■ Unsure ■ No ■ Yes

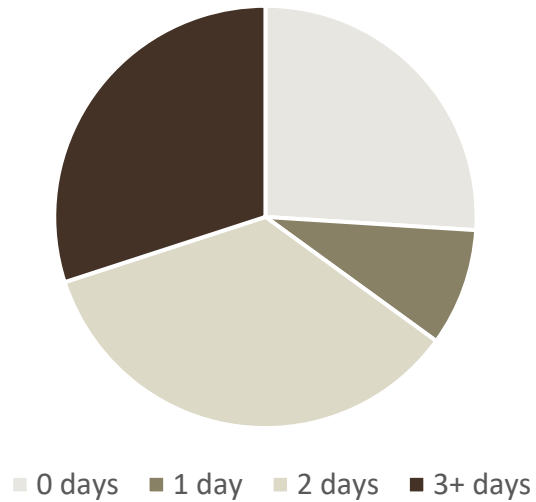


SURVEY DATA

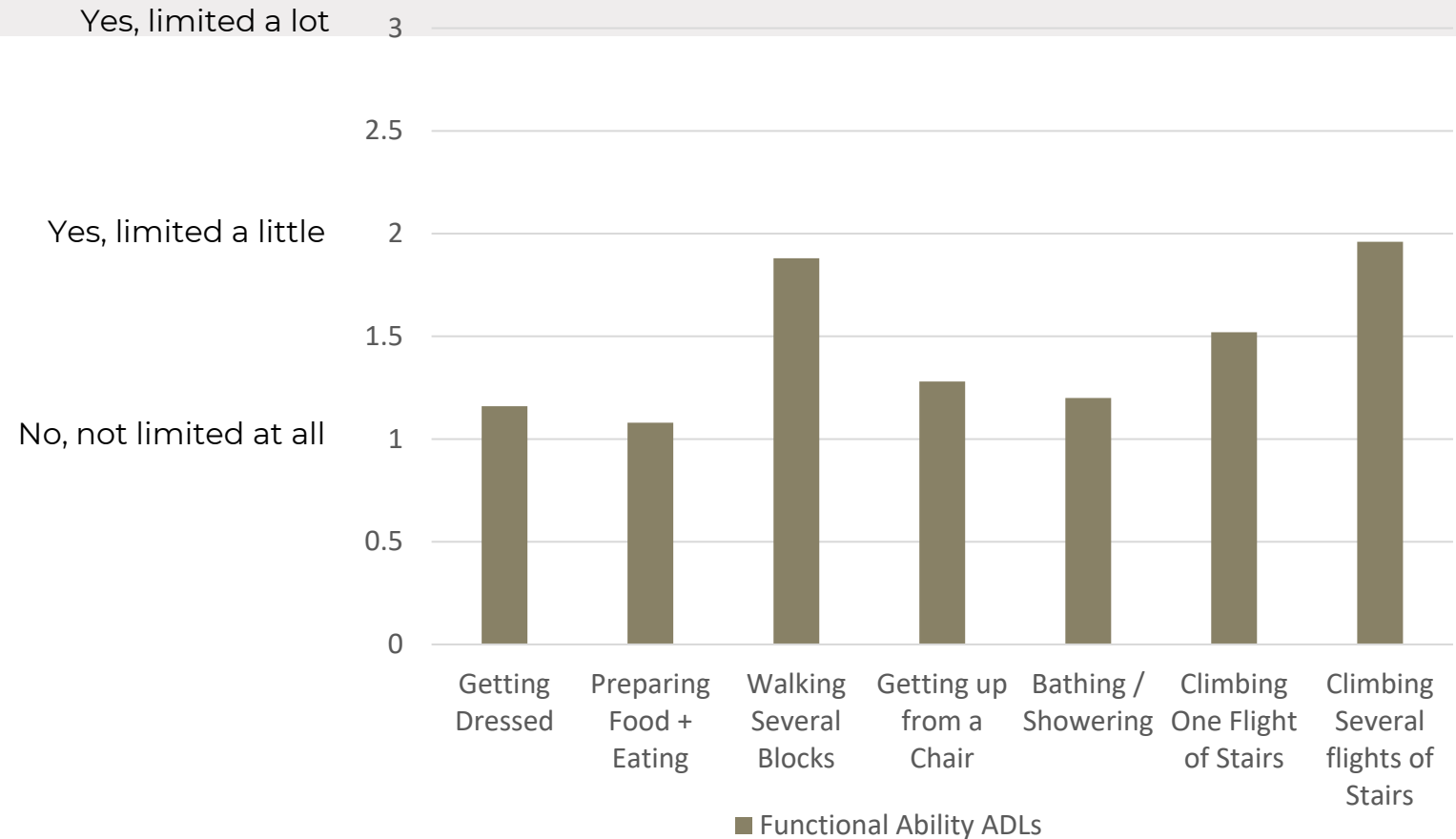
02 PHYSICAL WELLBEING

14 % percent of older adults in the highest household income group (\$75,000 and over) have at least one difficulty or disability, compared to over 45 % in the lowest income group (less than \$15,000). (14)

Weekly Exercise



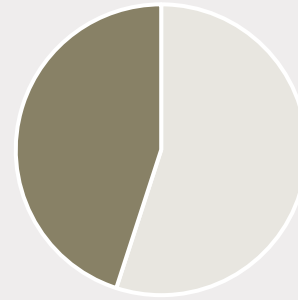
Self Rated Capacity



SURVEY DATA

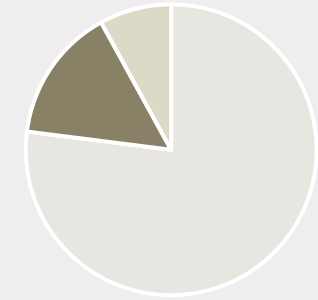
02 PHYSICAL WELLBEING

Walking Purpose



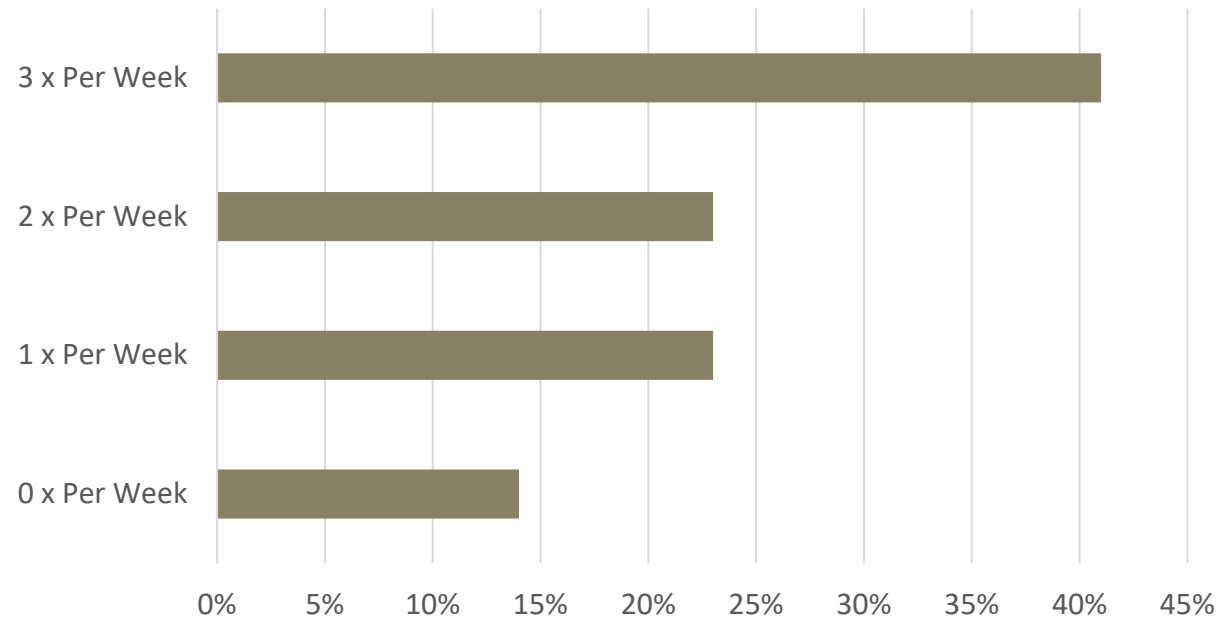
□ Transportation ■ Recreation

Do You Take Walks

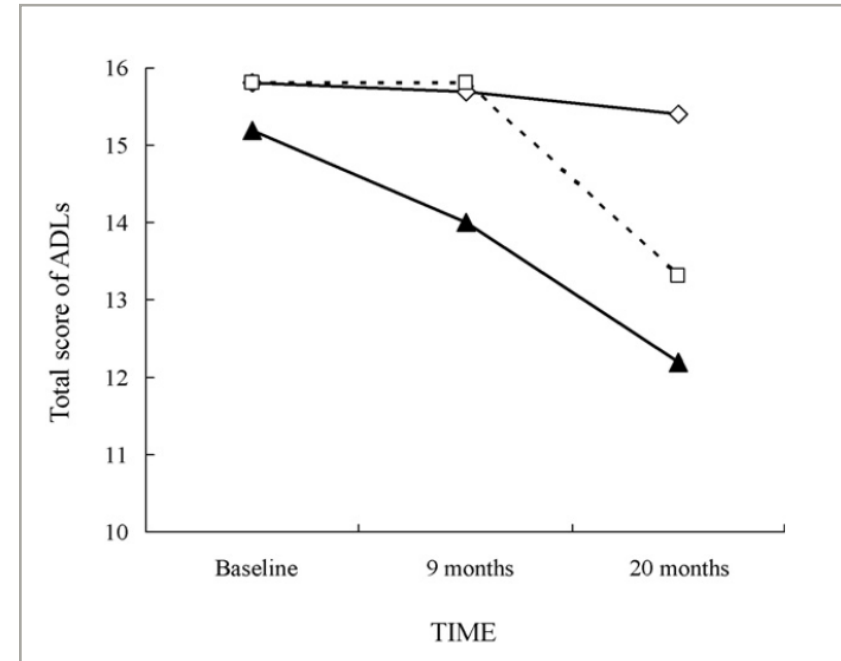


□ Yes ■ No ■ Sometimes

Walking Frequency



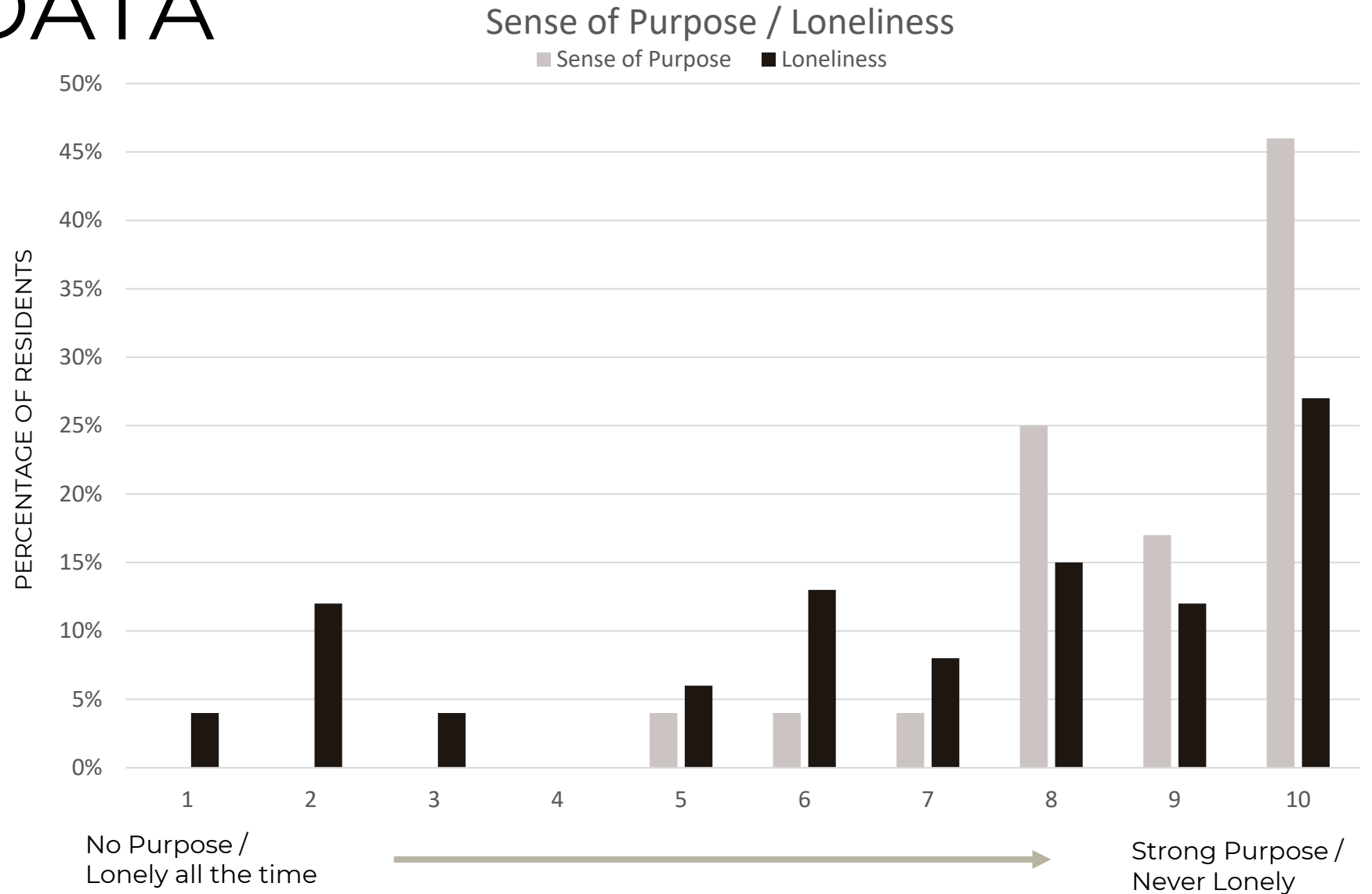
Changes between baseline, 9-month and 20-month period in ADLs scores by frequency of going outdoors



Kono, Ayumi, et al. "Frequency of going outdoors predicts long-range functional change among ambulatory frail elders living at home." *Archives of gerontology and geriatrics* 45.3 (2007): 233-242

SURVEY DATA

03 EMOTIONAL WELLBEING

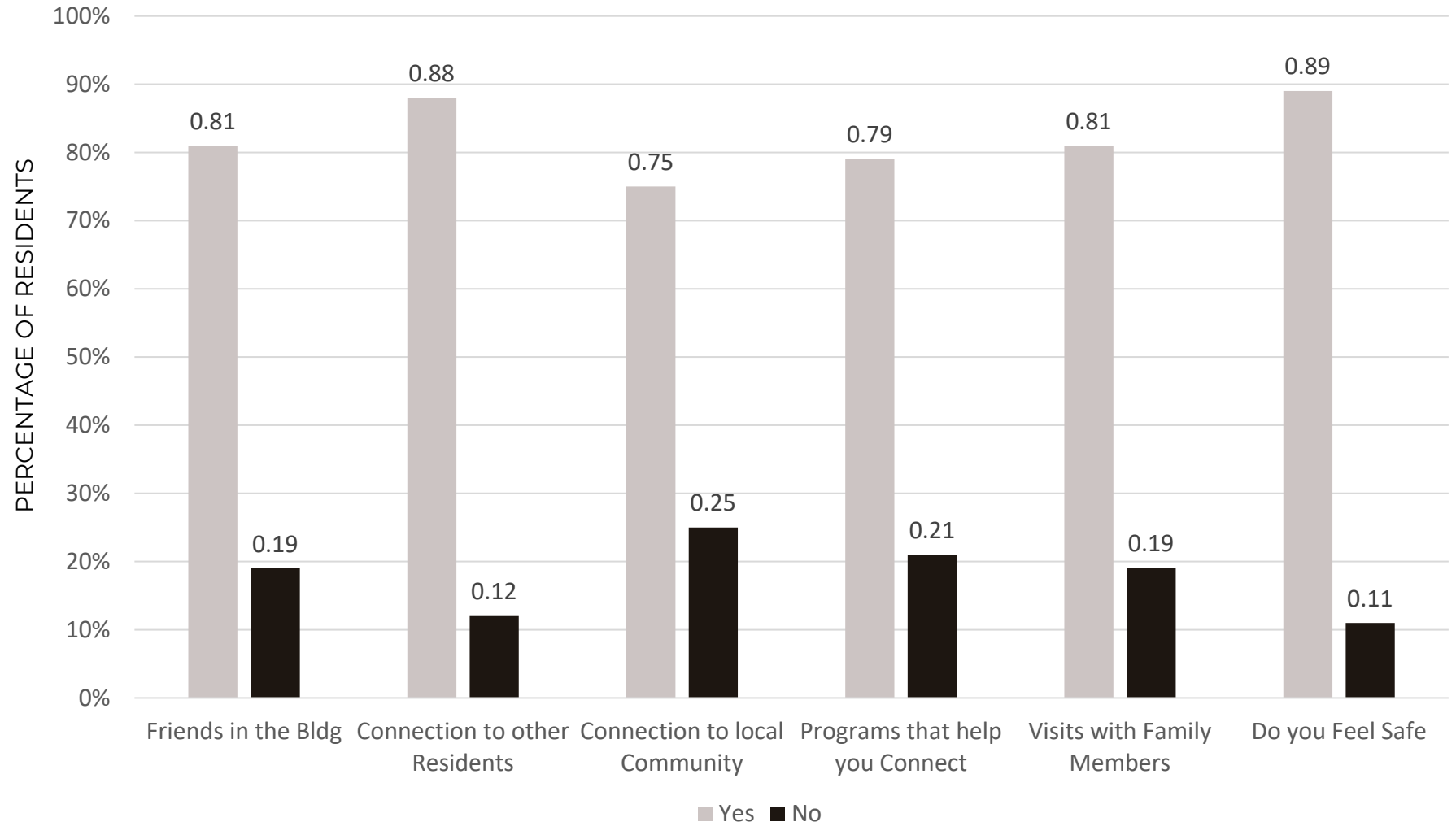


SURVEY DATA

03 EMOTIONAL WELLBEING

“Loneliness is a subjective state of lacking desired affection and closeness to a significant or intimate other, or to close friends and family. It is the discrepancy between desired and perceived social relationships.” (15)

Social Connections



3. CASE STUDY

FOCUS GROUPS

La Rosa Villas
Leroy, NY

Administered three activities:

- 1) Mapping Your Typical Day**
 - 2) Rating Amenities**
 - 3) Group Discussion**
- Two groups of 10 residents



FOCUS GROUP ACTIVITIES

RESIDENT ENGAGEMENT

La Rosa Villas : A Typical Day

Daily Activities

Monday:	Other? Walk Drive (bike, golf cart, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
Tuesday:		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
Wednesday:		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
Thursday:		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
Friday:		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
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		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
Saturday:	Other? Walk Drive (bike, golf cart, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
Sunday:	Other? Walk Drive (bike, golf cart, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>



Comments:



Rating Amenities Activity

Instructions:
Please review the spaces shown below and rate them from 1 (most favorite) to 9 (least favorite).

1st Floor Community Room



Circle your rating for this amenity
1 2 3 4 5 6 7 8 9

Why did you rate it this way?

How many days a week do you use it?

Never Once Twice Three or More

2nd Floor Exercise Room



Circle your rating for this amenity
1 2 3 4 5 6 7 8 9

Why did you rate it this way?

How many days a week do you use it?

Never Once Twice Three or More

2nd Floor Lounge



Circle your rating for this amenity
1 2 3 4 5 6 7 8 9

Why did you rate it this way?

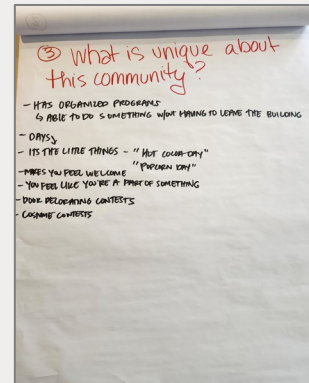
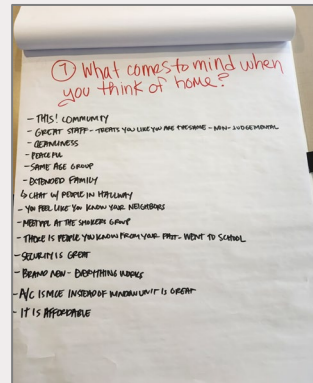
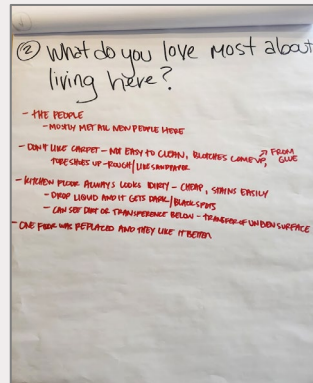
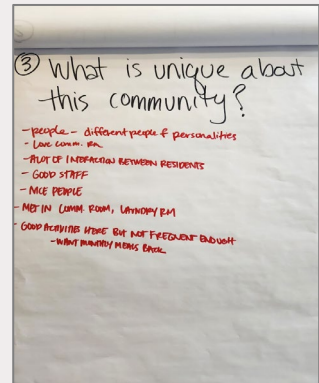
How many days a week do you use it?

Never Once Twice Three or More

INITIAL TAKEAWAYS

RESIDENT ENGAGEMENT

“Feels like you are a part of something”

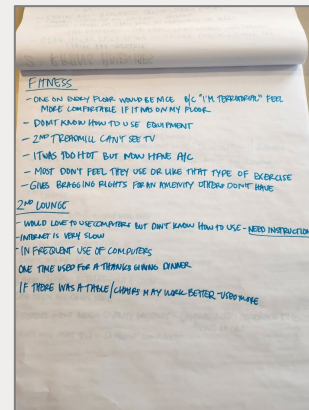
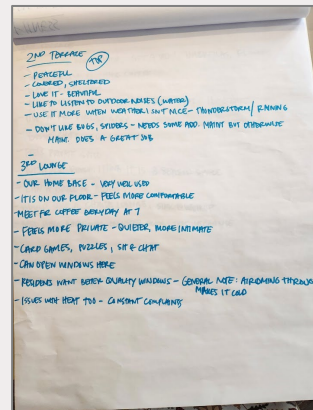
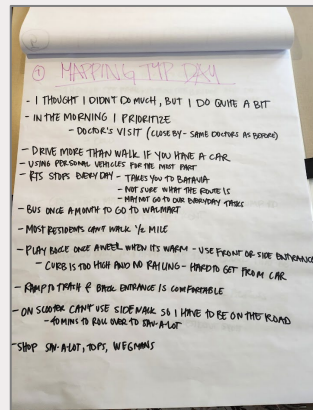
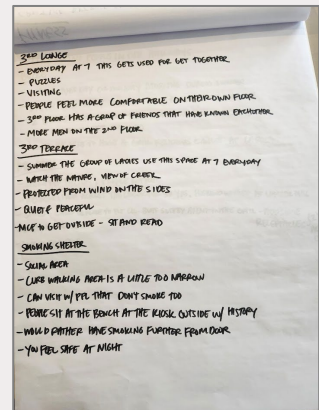


FEELS LIKE HOME:

- Safe
- Comfortable
- Private

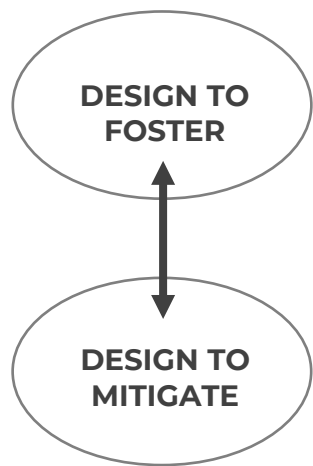
STRONG SENSE OF COMMUNITY:

- People know their neighbors
- Supportive Staff
- Well maintained
- Lots of programmed activities
- Engaged w/ neighborhood, surrounding amenities + local community



NEXT STEP: CONSOLIDATE + COMPARE DATA

Align with **OUTCOME PRIORITIES**



SOCIAL INTERACTION



DEPRESSION



PHYSICAL ACTIVITY



CHRONIC ILLNESS/
(FUNCTIONAL) DISABILITY



TIME SPENT OUTDOORS



COGNITIVE DECLINE



POSTIVE SLEEP HYGIENE



FALLS



FEELINGS OF SAFETY +
SECURITY



FEAR



AMENITY RANKINGS

1. Community Room
2. 3rd Floor Terrace
3. 3rd Floor Lounge
4. 2nd Floor Terrace
5. Mill Street Park
6. Bocce Courts
7. 2nd Floor Lounge
8. Smoking Shelter
9. Fitness Room

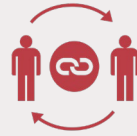


IMPROVING OUR PRACTICE

01 COMMUNITY ROOM

OUTCOME PRIORITIES

SOCIAL INTERACTION



FEELINGS OF SAFETY + SECURITY



DEPRESSION



COGNITIVE DECLINE



WHAT'S WORKING

- LOCATION
 - Connection to community
 - Visible from bldg. core
- PROGRAM
 - Organized & Spontaneous
- FLEXIBILITY
- NATURAL LIGHT
- WARM & INVITING MATERIAL PALLETTE

OPPORTUNITIES

- CHAIRS WITHOUT EXTENDED LEG TO REDUCE TRIP HAZARD
- INSIDE/OUTSIDE CONNECTION
- FRONT PORCH
 - Observation / Spontaneous Interactions
- CONNECTION TO NATURE / MILL ST. PARK
 - Sound of Running Water
 - Community Connection



3. CASE STUDY

IMPROVING OUR PRACTICE

- FRONT PORCH
- CONNECTION TO NATURE /
MILL ST. PARK



SOCIAL
INTERACTION



PHYSICAL ACTIVITY



TIME SPENT
OUTDOORS



POSTIVE SLEEP HYGIENE



FEELINGS OF
SAFETY + SECURITY



DEPRESSION



CHRONIC ILLNESS/
(FUNCTIONAL)
DISABILITY



COGNITIVE
DECLINE



FALLS



FEAR



IMPROVING OUR PRACTICE

02 3rd FLOOR TERRACE

OUTCOME PRIORITIES

SOCIAL INTERACTION



TIME SPENT OUTDOORS



POSTIVE SLEEP HYGIENE



DEPRESSION



CHRONIC ILLNESS/
(FUNCTIONAL) DISABILITY



WHAT'S WORKING

- LOCATION
 - Connection to community yet private
- CONNECTION TO NATURE
 - Sunlight
 - Shade
 - Sound of Running Water
- SOCIAL SPACE / INSIDE OUTSIDE
 - Adjacent to well used interior lounge

OPPORTUNITIES

- GARDEN CLUB
 - No Hose Bib
- PEDASTAL PAVERS ARE TRIP HAZARD
- PLANTER HAS SHARP EDGES

Nature based activities have been shown to foster positive sleep hygiene, psychological health, and improved cognitive function in older adults. (30)



IMPROVING OUR PRACTICE

03 3rd FLOOR LOUNGE

OUTCOME PRIORITIES

SOCIAL INTERACTION



FEELINGS OF SAFETY + SECURITY



DEPRESSION



CHRONIC ILLNESS/
(FUNCTIONAL) DISABILITY



WHAT'S WORKING

- INSIDE/OUTSIDE CONNECTION
 - Directly adjacent to outdoor terrace space
- FLEXIBILITY
 - Can be used for variety of activities
 - Easy to move furniture
- NATURAL LIGHT
- VIEWS OF NATURE

OPPORTUNITIES

- MORE DEFINED PROGRAMMING
 - People who live on other floors don't feel as comfortable using it
- BETTER ACOUSTICS
 - Can be loud if a big group is chatting



OATKA CREEK

IMPROVING OUR PRACTICE

04 2ND FLOOR TERRACE

OUTCOME PRIORITIES

SOCIAL INTERACTION



TIME SPENT OUTDOORS



POSTIVE SLEEP HYGIENE



DEPRESSION



CHRONIC ILLNESS/
(FUNCTIONAL) DISABILITY



WHAT'S WORKING

- SCALE
 - Intimate space to connect w/ nature
- ENVIRONMENTAL COMFORT
 - Protection From Elements – Sun, Rain.
- CONNECTION TO NATURE
 - Sound of running Water
 - Fresh Air
- FLEXIBLE
 - Can accommodate small gathering
- COMMUNITY CONNECTION
 - Observation

OPPORTUNITIES

- INSIDE / OUTSIDE CONNECTION
 - No Connection To 2nd Floor Lounge
- GARDEN CLUB
 - No Hose Bib



IMPROVING OUR PRACTICE

05 MILL ST. PARK

OUTCOME PRIORITIES

WHAT'S WORKING

OPPORTUNITIES

SOCIAL INTERACTION



DEPRESSION



PHYSICAL ACTIVITY



CHRONIC ILLNESS/
DISABILITY



TIME SPENT OUTDOORS



FEAR



POSTIVE SLEEP HYGIENE



FALLS



FEELINGS OF SAFETY + SECURITY



- LOCATION
 - Connection to community
 - Easy access
- CONNECTION TO NATURE
 - Therapeutic landscape features
 - Multisensory stimulation
- INTERGEN PROGRAM
 - Playground / Bocce
- PHYSICAL ACTIVITY

- PEDESTRIAN CONNECTION FROM BLDG
 - Curb cut
- TRAFFIC CALMING STRATEGIES
 - Signage
 - Crosswalks



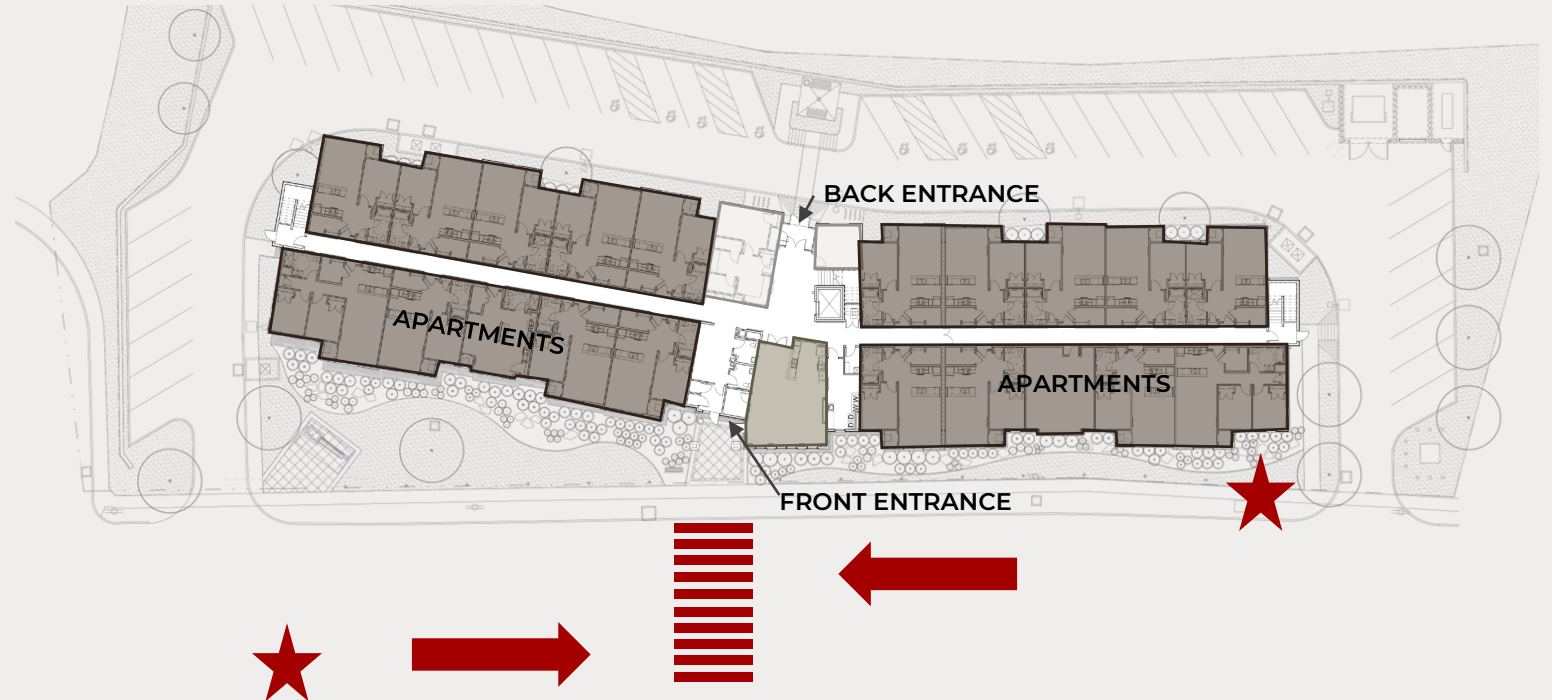
IMPROVING OUR PRACTICE

05 MILL ST. PARK

OUTCOME PRIORITIES



OPPORTUNITIES



IMPROVING OUR PRACTICE

06 BOCCE COURTS



DESIGN THAT MATTERS

OUTCOME PRIORITIES

SOCIAL INTERACTION



PHYSICAL ACTIVITY



TIME SPENT OUTDOORS



POSTIVE SLEEP HYGIENE



DEPRESSION



CHRONIC ILLNESS/ DISABILITY



FEAR



FALLS



FEELINGS OF SAFETY + SECURITY



WHAT'S WORKING

- LOCATION
 - Connection to community
 - Easy access
- CONNECTION TO NATURE
 - Therapeutic landscape features
 - Multisensory stimulation
- PHYSICAL ACTIVITY

OPPORTUNITIES

- ENVIRONMENTAL COMFORT
 - Shade
 - Concrete Color
- ADDITIONAL SEATING
- PEDESTRIAN CONNECTION FROM BLDG
 - Curb cut
- TRAFFIC CALMING STRATEGIES
 - Signage
 - Crosswalks

When older people remain socially engaged, they can reduce their mortality rates by 50% or more (Luther Manor, 2020). (10)

IMPROVING OUR PRACTICE

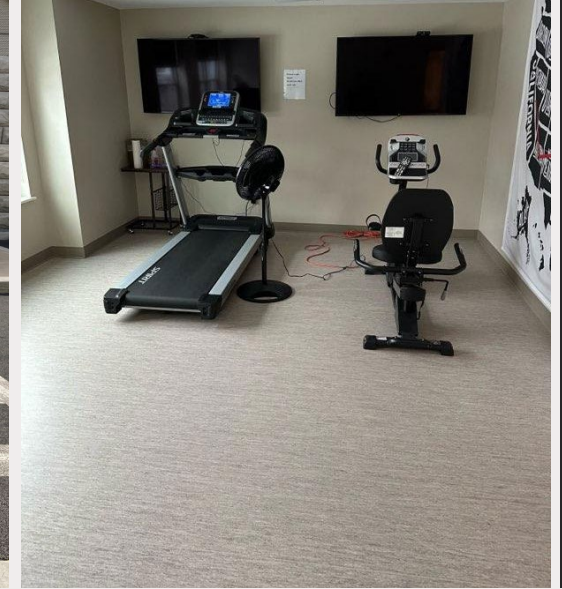
07 2ND FLOOR LOUNGE



08 SMOKING SHELTER



09 FITNESS ROOM



- DON'T KNOW HOW TO USE COMPUTERS
- NO PROGRAMMED ACTIVITIES
- NOT SET UP FOR SOCIAL INTERACTION
– NO TABLE
- SLOW INTERNET (FUNCTIONALITY)

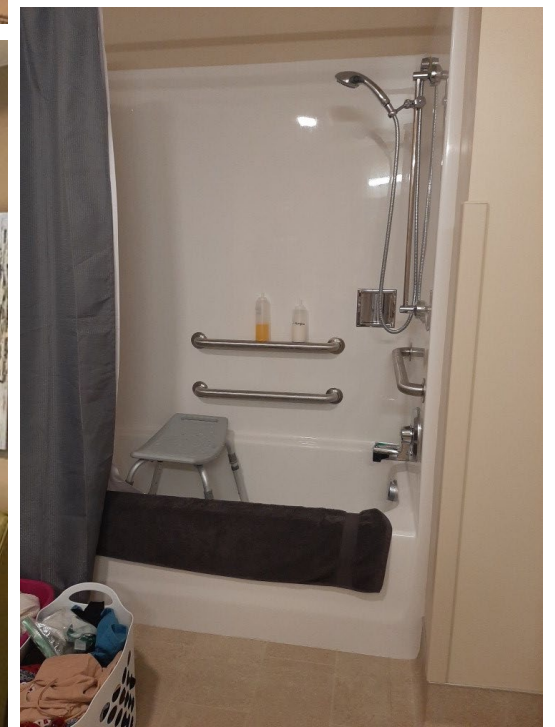
- LOCATION CAUSES CONFLICT
- LOUD / DISTURBING TO NON-SMOKERS
- SMOKE BLOWS INTO BUILDING
- SOCIAL HUB

- DON'T KNOW HOW TO USE EQUIPMENT
- NO PROGRAMMING
- WOULD RATHER DO OTHER TYPES OF EXERCISE

IMPROVING OUR PRACTICE

Apartments

- Walk-in Shower vs. Tub
- Additional room for storage for toiletries in the shower/tub
- Fewer floor transitions
- Visibility through window shades



INTERVENTIONS

01 Programming

02 Connection to Nature

03 Inside/Outside

04 Providing Choice

05 Site Selection



4. DESIGN INTERVENTIONS

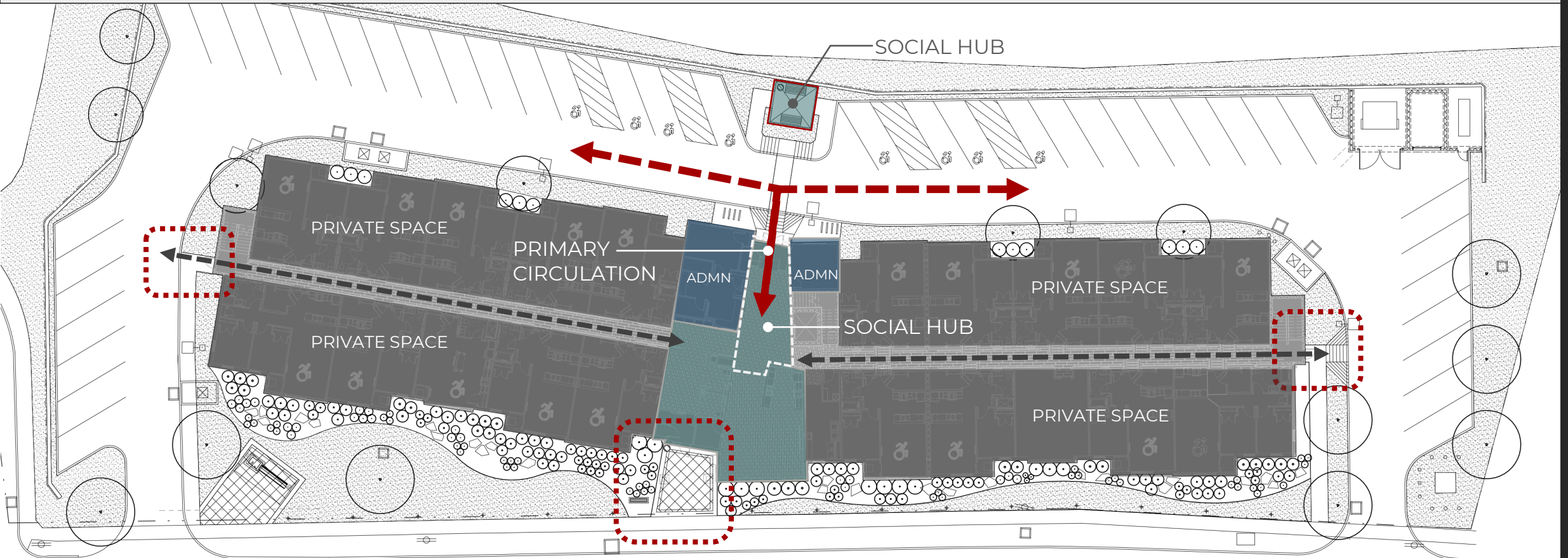
INTERVENTIONS

- 01** Programming
- 02** Connection to Nature
- 03** Inside/Outside



INTERVENTION

04 Providing Choice



INTERVENTIONS

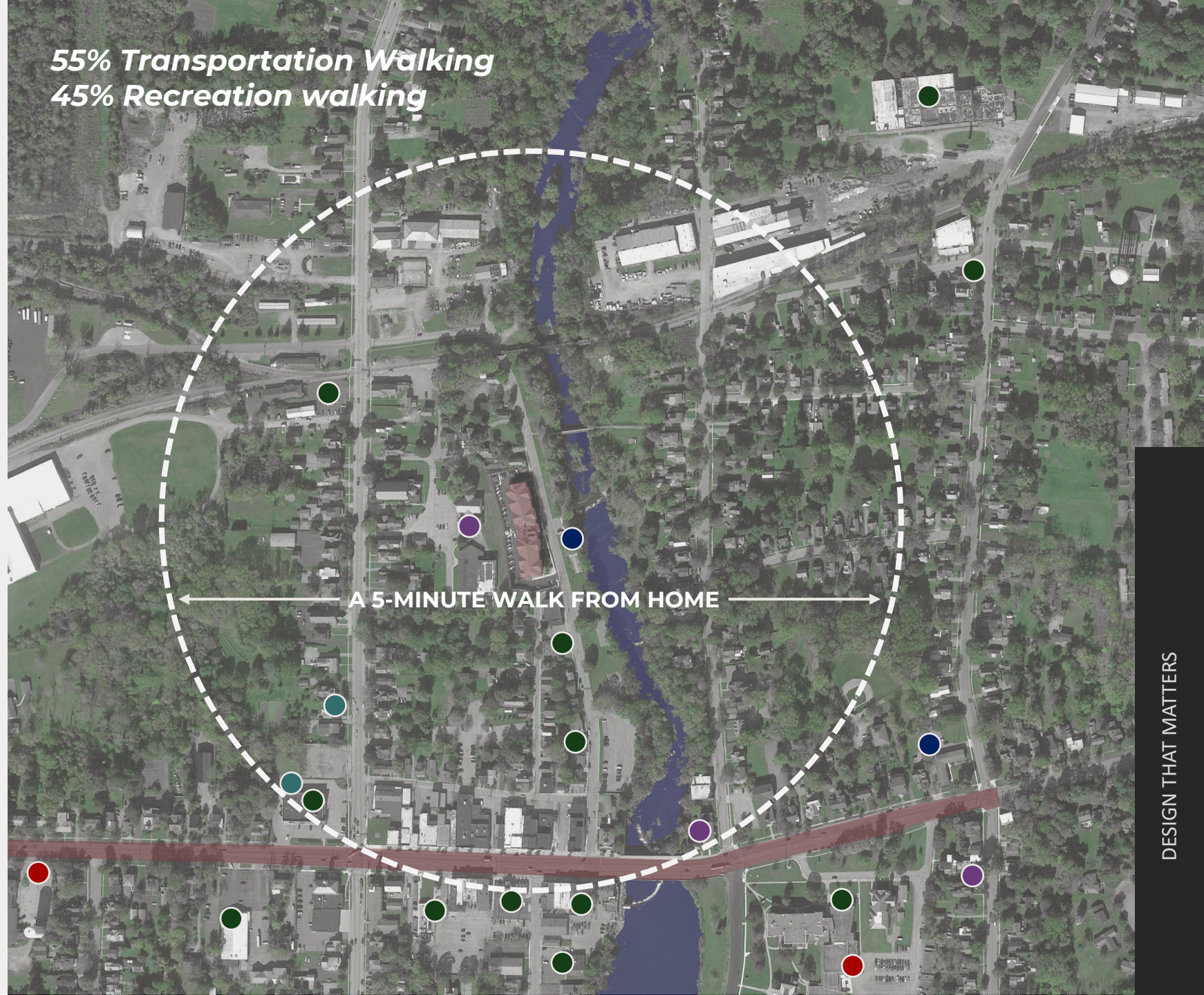
05 Site Selection

5-minute walk for people in their 70's on average - .23 miles

5-minute walk for people in their 80's on average - .18 miles

- COMMUNITY
- ENTERTAINMENT / RECREATION
- FOOD / SERVICE / RETAIL
- RELIGIOUS
- MEDICAL

<https://www.healthline.com/health/exercise-fitness/average-walking-speed#average-speed-by-age>



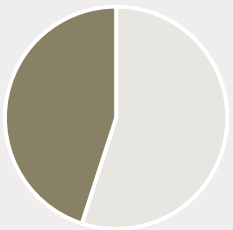
INTERVENTIONS

05 Site Selection

5-minute walk for people in their '70's on average - .23 miles

5-minute walk for people in their 80's on average - .18 miles

Walking Purpose



□ Transportation ■ Recreation



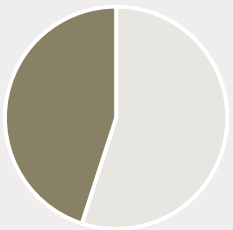
INTERVENTIONS

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□ Transportation ■ Recreation



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Activity #1: Mapping Your Typical Day



THANK YOU

to mind
of home?

