A Life in Balance

“In time, we may even come to accept balance between structural and emotional as the essence of beauty.” Anonymous

An underlying concept in any vibrant community is balance. It is not a concept that belongs to only one generation. By its nature it links everyone together.

After gathering input from the community, our design team imagined ourselves as the co-housing “elders” to determine the types of spaces we would desire for our own senior living needs. As we discussed our future daily lives “aging together in community”, we determined several key concepts that drove our design:

- A full range of “privacy realms”, from social hubs that promote community interaction, to serene private zones for personal contemplation.
- A human-scale environment that encourages interaction with family, friends, pets, and people from all age groups.
- A connection to the neighborhood context, while providing a unique “sense of place”.

Our ideal living unit features a large central gathering space with private sleeping/study areas and outdoor space. Along the common corridors a “front porch” provides the opportunity to interact with neighbors, create a personalized entry, and maintain a transition between public and private. Accessibility, “visitability” and adaptability were key words that drove our design.

To compliment the individual living units, the building hosts a variety of community spaces, which can be programmed for activities by the residents, as well as areas open to the general public, such as the market, café, volunteer center, and courtyard. These spaces allow residents and other members of the neighborhood to utilize the building within the balance of their lifestyle.

The overall building is three stories high with a set back roof garden level, fitting into the general scale of the surrounding neighborhood. In consideration of natural views, light, ventilation, as well as privacy, the building façade has varying degrees of setback and massing.

At a global scale, this community strives to recognize its own influence on our planet and integrates sustainable living and building practices into the community life. The building makes use of green materials and technologies, such as an inhabitable green roof, ground source heat pumps, and rainwater harvesting. It also offers easy access to recycling and takes advantage of natural light and ventilation.

The resulting scheme promotes a balance of community and privacy, independence and assistance, and vitality and respite. Together this allows everyone to age together within community and with dignity.
Aging in Community
A Senior Living Ideas Competition
February 11th 2007

Presented By
Quorum Architects, Inc. Team
"If we're not seniors now we're going to be seniors someday, and providing options for senior housing should be important to us all."
-Allyson

In law, a **quorum** is the minimum number of members of a **deliberative body** necessary to conduct the business of that group. Ordinarily, this is a majority of the people expected to be there, although many bodies may have a lower or higher quorum.
“I don’t think everyone in these units stays home all day. I still plan to work even though it may be something other than what I’m doing today.”
-Neighborhood Resident

A day in the life…

- Areas for coffee and informal socialization on each floor in addition to the main gathering space.

- After coffee we would go to the exercise facility.

- Places used for different activities throughout the day.

- Senior meal program: if you live alone you don’t want to have to cook a balanced meal.

- Provide a place to meet so visitors will be comfortable, both in your unit and in the community.

- Daylight important along with access to green space.

- Spaces for playing cards, spa time, evening walks, book clubs and dancing.

**Aging in Community**: A Senior Living Ideas Competition
We Become the Elders
Quorum Architects, Inc.

Aging in Community: A Senior Living Ideas Competition
What we learned
Quorum Architects, Inc.

- The “not so little” personal space
  - Large bedroom
  - A Kitchen you (or someone else) can cook in.
  - Room for an office, a spare bedroom, or caregiver to cohabitate.

Aging in Community: A Senior Living Ideas Competition
What we learned
Quorum Architects, Inc.

- There is no future move contemplated
  - Accessibility
  - Visitability
  - Adaptability
What we learned
Quorum Architects Inc.

• Public areas should be flexible spaces
  -Residents can provide programming and adapt space to program.
  -Self-defined community
What we learned
Quorum Architects, Inc.

• Sustainability Important
  - Quality of life
  - Light & Air
  - Energy Use
  - Healthy, life style active

Aging in Community: A Senior Living Ideas Competition
What we learned
Quorum Architects, Inc.

• Pets promote well-being
  - Tolerated by most non-pet owners
  - Needed by “pet people”
“We think we should be able to have golf carts to maybe buzz around the Brady Street area, down to the lake front…
-Neighborhood Resident
Quorum Cohousing
Quorum Architects, Inc.

Site Plan and First Floor Plan

No Scale

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Quorum Cohousing
Quorum Architects, Inc.

Common House and Roof Garden
No Scale

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South Elevation
No Scale

East Elevation
No Scale

Aging in Community: A Senior Living Ideas Competition
Design Concepts
Quorum Architects, Inc.

“There would be after dinner activities, cards, dancing, evening walks, television viewing, or book clubs.”
-Neighborhood Resident

- Create Opportunities to Age in Place/Community
  - Places to interact with community
  - Places to interact with co-residents
  - A realm for privacy

Aging in Community: A Senior Living Ideas Competition
Design Concepts
Quorum Architects, Inc.

- Walkable neighborhood with existing retail
- Connection to church(s) and school
- Resident ties to existing neighborhood fabric

• Maintain and Strengthen Links to the larger community.

Aging in Community: A Senior Living Ideas Competition
Design Concepts
Quorum Architects, Inc.

- Areas to interact with Family
- Neighbors helping neighbors
- Places for informal gatherings

• Nurture Informal Supports

Aging in Community: A Senior Living Ideas Competition
Design Concepts
Quorum Architects, Inc.

- All units either fully accessible and adaptable
- Design to age in community
- Pleasant home for varying needs, abilities and personalities

Aging in Community: A Senior Living Ideas Competition
Design Concepts
Quorum Architects, Inc.

- Foster Energy Conscious and Sustainable Design

- Access to alternative forms of transportation
- Habitable Green Roof
- Ground source heat pumps
- Rainwater harvesting
- Daylighting
- Natural Ventilation
- Recyclable and locally produced materials

Aging in Community: A Senior Living Ideas Competition
Questions?

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