

# **The Inman Park Senior Housing Model**

## **Proposed by**

### ***The Lifelong Inman Park Committee***

Inman Park neighbors indicate a strong desire to remain in the neighborhood as they age. While many will want and be able to remain in their current homes, others will find it necessary or more desirable to move into a senior friendly housing arrangement.

The Lifelong Inman Park Committee is proposing the following senior housing model to meet the need of intown neighbors, based on previous survey results along with formal and informal feedback received from the community. As a working model, it is understood that the proposed model may require further adaptation based on the availability of land, financial feasibility, the Inman Park Historic Beltline overlays, and other zoning and community requirements.

The senior housing model proposed for Inman Park includes the following:

- Housing units offered in an apartment arrangement, designed specifically for older adults and persons with disability who are able to meet their own activities of daily living such as dressing, grooming, medication management and most meal preparation.
- Universal design principles to support aging-in-place. Design features will consist of a single-level design or inclusion of an elevator, open floor plans, wider door spaces, absence of curbs to accommodate wheelchairs, slip resistant surfaces, grab bars in showers, multi-level counters, bright functional daylight and task lighting.
- Monthly rental fees based on market rate rental fees including ground maintenance, laundry facilities, emergency pull cords and 24- hour security oversight.
- Monthly fees additionally covering the provision of concierge services including the arrangement and oversight of help such as in-home care, transportation, delivery of meals and care coordination on a private pay basis to those residents in need of short or longer-term support.

Additionally, it is envisioned that the proposed senior housing facility will serve as a center for seniors and community members living in their own homes, serving as a central hub offering care coordination and in-home support services on a fee-for-services basis to those needing assistance. As space allows, the facility could provide a place for events, community gatherings, meetings or even housing a child or adult day-care center.

*For a description of the most commonly available Senior Housing Options see the attached information.*

# Senior Housing Options (Most commonly available)

## Independent Living Housing with Supportive Services

Independent senior communities are similar to apartment complexes, but they are designed specifically for older adults or disabled individuals. This housing option provides minimal services in an independent setting meaning that all residents are expected to meet their own daily needs such as dressing, grooming, medication management and most meal preparations. If unable to do so, the resident must hire the appropriate in-home services to supplement his/her care. Each community is unique, but independent communities typically offer these services:

- 24-hour security services and front desk courtesy officers
- Emergency pull cord services located inside each apartment unit.
- Service coordinators (staff members available for ongoing support and case management, locating resources and resolving conflicts).
- Calendar of events and activities (grocery store trips, informational speakers, outings to city events and attractions, exercise classes, etc.).
- An active resident association with elected officials who represent the community.
- Some have congregate meals (usually fee- based)
- Some have in-house hair salons, gym facilities, medical clinics, libraries and other amenities

## Assisted Living Facilities

Assisted living is similar to independent living but offers more support services for those in need of additional assistance. Services traditionally include:

- Assistance with daily activities like dressing, bathing, medication management and other needs.
- A nurse or wellness coordinator on staff for oversight of daily health needs.
- 24-hour security with an emergency call system in each apartment.
- Three Congregate-style (group) meals each day
- Activity Calendar with outings, social events, and enrichment classes
- Assistance with Laundry, housekeeping and other household chores

Many assisted living communities have specialized memory care neighborhoods that provide secured, 24-hour care for people who suffer from various dementias. Memory care units provide structured socialization activities in a safe and appropriate environment. Staff members are typically well trained in dementia care and can often customize services for each resident.

## Nursing Homes

Nursing homes provide a home, personal care and 24-hour nursing care for residents who require medical attention and assistance.

## Life Plan Communities

Life plan Communities formerly known as Continuing Care Retirement Communities offer three types of housing, independent living, assisted living and nursing home care, all in one location offering residents the option to transition from one level to another as their abilities and health conditions change.