

# Nursing Homes of the Future

## NO LONGER ONE SIZE FITS ALL





# Not Your Grandma's Nursing Home

LONG BEFORE COVID-19, PIKE RESIDENTIAL WAS ALREADY SEEING STEADY MOVEMENT AWAY FROM THE TRADITIONAL "MEDICAL MODEL" NURSING HOME.

The devastating and isolating experience of nursing homes during COVID-19 has made the drumbeat for change even louder as providers and regulators recognized the advantages of smaller, safer care environments where the risk of infection spread is dramatically lower and more manageable.



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Statistics reported by the The Green House Project™ indicate the evolution of nursing homes as we have known them is much more than managing COVID-19 and infection control. It's about "culture change" and a complete reordering of expectations about living and working in nursing homes. It's about finding the best combination of person-centered care delivery and the new type of built environment needed to achieve it. The days of arranging beds in multiples of 40 or 60 with long hallways, lots of semi-private rooms, and large dining and community spaces are over.

Sadly, due largely to reimbursement challenges, many nursing home providers will remain stuck in the institutional model of care. Some will look for ways to adapt outdated facilities into smaller households as best they can, making big improvements even if they can't achieve all of their goals. As providers with the will and savvy make a more dramatic break from the past, the pace of new build Green House™ and non-trade mark "small house" projects will continue to accelerate nationwide.

Why? Because COVID-19 is the most serious reckoning nursing homes have ever faced at a time when many providers were already searching for better ways to care for frail elders in family style, resident-centered homes.

What Pike Residential is building these days is definitely not the traditional nursing home we have known in years past.

The winds of change in skilled nursing design are blowing and will only blow harder in the post-COVID era.





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## Jewish Senior Life Green Houses™

Rochester, New York



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**THE GREEN HOUSES™ ARE A NEW CONCEPT IN CONTINUING CARE, WHICH PROMOTES PERSON-CENTERED RESIDENT CARE.**

In collaboration with Perkins Eastman architects, the Jewish Senior Life project was a complete repositioning of one of Rochester's largest and most respected nursing homes, the Jewish Home. Built as 362 beds in the 1980's, Jewish Senior Life determined that their best path forward was to downsize their bed count and transition to all private rooms and extensively renovating the existing facility into a household model by building nine Green House™ homes, inside three cottages for a total of 108 residents. Each resident has a private room and bathroom and the use of a shared kitchen, den and community room.



# Heath Village West Skilled Nursing Facility

Hackettstown, New Jersey

Pike Residential teamed up with KDA Architects to help Heath Village take a very different path toward resident-centered care in a household model.

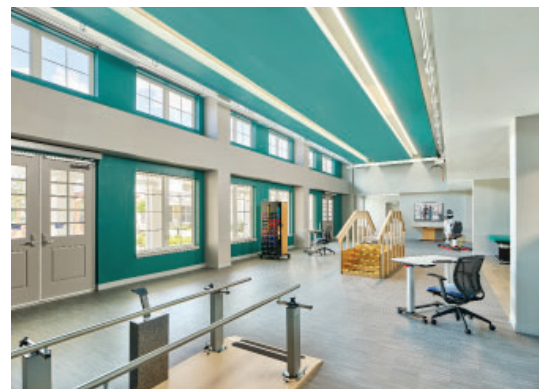
Heath Village elected to go with a “small house” design concept, rather than a certified Green House™ model. They found their optimal staff pattern supports households of 18 residents, and configured 6 paired households of 18 beds each, for a total of 108 new beds. Each household has its own separate entrance with a front porch and vestibule, so there is never the perception of entering a large facility with institutional feeling. Similar to the Green House™ model, each household has its own communal living room, dining room, den and country kitchen. Heath Village and KDA took great care to normalize the experience for those living in the new skilled nursing facility (SNF) by creating spaces that are residential in scale and comforting. A centrally located charting room provides caregivers full visibility of commons areas.





Household porch entrances reveal themselves sequentially in a way that says, **Heath Village is not homelike “it is home.”**

The Health Village West SNF includes two 18-bed rehab households with immediate access to a separate, 2-story gym with full glass providing lots of natural light. The rehab households also have their own outdoor courtyard with garden seating and different types of walking surfaces to maximize mobility training by simulating walking conditions residents will encounter when they return to their homes and navigate community public spaces. When entering the campus, it is impossible to tell that the building is a skilled nursing facility.

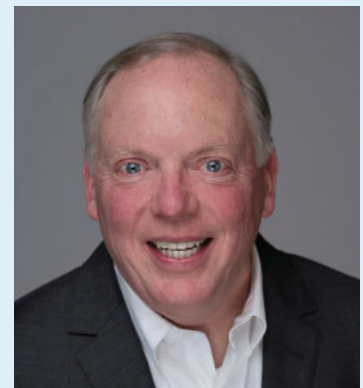


# Where Do America's 15,600 Nursing Homes Go from Here?

This is a difficult, exhausting time for all senior living providers, especially nursing home and assisted living facilities caring for the frailest, most vulnerable residents. Managing the continuing threat of Covid-19. Dealing with months of resident and family isolation. Meeting unfunded mandates for testing, infection control, and PPE. Staff burnout. Absorbing constant, unfair criticism and second-guessing from those who naïvely wonder “how could things in nursing homes have gone so wrong?” Taking cautious steps toward re-opening for visitors.

While the future of senior living in the COVID-19 era and beyond is unclear, what we do know is the need for skilled nursing is not going away for the estimated 1.6 million residents nationwide. The shared goal of providers, regulators, designers, and builders must be finding better, safer, consumer-driven paths forward. Smaller, more manageable living, dining, and recreational spaces and private resident rooms in smaller household sizes. Family visitation “pods” that may be temporary modular spaces, or built as small, permanent additions. Enhanced negative pressure HVAC systems to increase air exchange and quality. Robotic room sanitizers. Fixtures, finishes, and equipment (FF&E) with the highest anti-microbial properties and cleanability. Technology solutions to streamline screening and safety procedures. The entire senior living sector is in this together, and seeing our way through the fog will take a whole new level of innovation and teamwork.

**TO PUT THE “POWER OF PARTNERSHIP”  
TO WORK BUILDING OR TRANSFORMING  
YOUR NURSING HOME FOR THE FUTURE,  
CONTACT US OR VISIT OUR WEBSITE.**



#### **About the Author**

**Paul Phillips**  
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Longview

Paul Phillips has more than 30 years of expertise in non-profit senior living senior living operations and project management experience.

As a licensed nursing home administrator in the State of New York, Paul has held senior management roles in all facets of senior living, including independent living, supportive housing, assisted living, memory care, and skilled nursing.