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PERKINS EASTMAN RESEARCH RELEASES WHITE PAPER ON ‘CENTERS FOR HEALTHY LIVING’ AND WHOLE-PERSON WELLNESS

New York, NY (October 31, 2016) Top international design and architecture firm Perkins Eastman is pleased to announce the publication of its latest white paper, **“Centers for Healthy Living: Providing Whole-Peron Wellness to Seniors,”** co-authored by Associate and Senior Design Researcher Emily Chmielewski EDAC, and Associate Claire Dickey AIA, who are based in the firm’s Pittsburgh and Washington, DC, offices, respectively. This report is the culmination of a comprehensive design research study, conducted by the firm’s in-house research group, which examines what existing centers for healthy living (CHLs) are doing today and how they may evolve to better serve the complex needs of seniors.

Centers for healthy living, a new building typology that supports seniors through all [eight dimensions of wellness](#), are currently being developed all over the U.S. in various forms and serving a diversity of needs, either within Life Plan Community campuses or as stand-alone community centers. Rather than adhering to a one-size-fits-all model, today’s CHLs vary widely in terms of services offered, which in turn reflects the fact that there are many definitions of “wellness.” According to one survey participant, the COO of a prominent residential and care provider in a suburb of Washington, DC, “With so many definitions of wellness, a successful CHL needs to be able to adjust and adapt to be all inclusive and participatory.”

“The CHLs we studied,” write the authors, “indicated that in addition to supporting whole-person wellness and encouraging healthy living, they were developed to address changing consumer demands, leverage partnerships, reach a greater cross-section of the community ... and to create a superior alternative to the competition,” one based on choice and an individualized approach to those seniors—both residents and non-residents—who actively use the facility.

With the number of older adults in the U.S. in need of long-term services and support projected to grow from 15 million to 27 million by the year 2050, there is a distinct need to explore where and how senior services are delivered.

Furthermore, “CHLs help bridge the gap between the senior living and healthcare sectors, yet they go beyond the typical provision of clinic and exercise spaces to address all eight dimensions of whole-person wellness.” While this holistic approach is optimal, research study findings suggest that some providers tend to focus more on residents’ physical and social wellness, and pay less attention to accommodating the other six. This white paper explores the causes behind this (e.g. certain dimensions of wellness are easier to support and quantify), among other things, and offers informed, research-based recommendations for how CHLs of the future and corresponding models of care can better meet the wellness needs of seniors.

Among the spotlight projects used as case studies for this white paper are C.C. Young, Dallas, TX; Clark-Lindsey Village, Urbana, IL; Moorings Park, Naples, FL; NewBridge on the Charles, Dedham, MA; Rockwood Retirement Living: The Summit, Spokane, WA; Saint John’s on the Lake, Milwaukee, WI; and Spring Lake Village, Santa Rosa, CA, not to mention a select host of other communities and CHLs designed by other firms.

This white paper was produced and edited under the guidance and design expertise of Perkins Eastman’s Senior Living leadership team. The release of “Centers for Healthy Living” coincides with this year’s [LeadingAge](#) Annual Meeting & Expo (October 30 – November 2), being held in Indianapolis, IN. The entire paper is available for free download at www.perkinseastman.com/white_papers.

About Perkins Eastman

Perkins Eastman is among the top design and architecture firms in the world. With almost 1,000 employees in 15 locations around the globe, Perkins Eastman practices at every scale of the built environment. From niche buildings to complex projects that enrich whole communities, the firm’s portfolio reflects a dedication to progressive and inventive design that enhances the quality of the human experience. With work in 46 states and more than 40 countries, the firm’s portfolio includes high-end residential, commercial, hotels, retail, office buildings, corporate interiors, schools, hospitals, museums, senior living, and public sector facilities. Perkins Eastman provides award-winning design through its offices in North America (New York, NY; Boston, MA; Charlotte, NC; Chicago, IL; Los Angeles, CA; Pittsburgh, PA; San Francisco, CA; Stamford, CT; Toronto, Canada; and Washington, DC); South America (Guayaquil, Ecuador); North Africa and Middle East (Dubai, UAE); and Asia (Mumbai, India, and Shanghai, China).

About Perkins Eastman Research

From a long-standing commitment to advancing best practice in the field of architecture, Perkins Eastman developed a research group to better serve our clients and improve the knowledge and abilities of designers everywhere. Perkins Eastman Research assists clients and designers in creating better-built environments by pushing the boundaries of professional knowledge and improving architectural design through innovative, practice-based research. By gathering and applying lessons learned, successes can be documented, major expenditures can be justified, and future designs can be improved through more informed decision-making and recognizing opportunities for innovation.

Images available.

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