

PART TWO PROVIDE FACILITIES WITH TRAILBLAZING AMENITIES

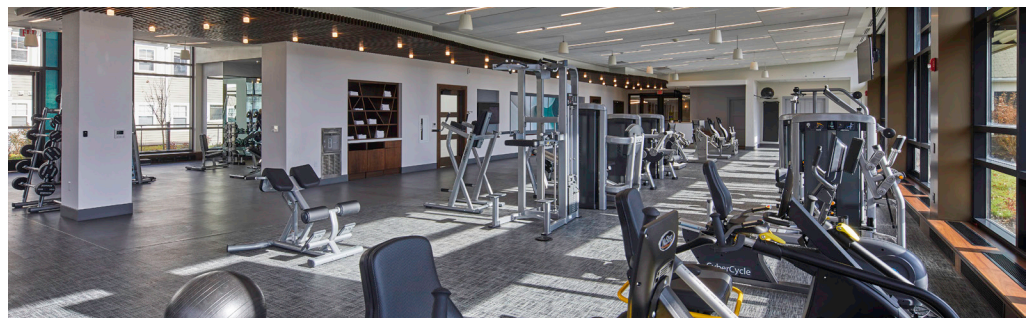
With an active, healthy population also comes the need to provide facilities that support wellness activities. Today's senior population are just as fitness center savvy as they are with technology. They expect all of the equipment and exercise classes they have grown used to.

Additionally, to create an all-in-one experience for residents, life care facilities have added on-site medi-spa, physical therapy, dental and salon components. All of which can be conveniently scheduled via the same in-room kiosks used for work orders! Residents require activities ranging from art classes, swimming, exercise rooms, yoga, gaming, hiking/walking and other outdoor activities. Facilities are expanding their activity offerings, including beauty care, dental, rehabilitation and doctor's suites, not to mention spa treatments. The MEP and technology systems need to be tailored for these specialty rooms and uses in order to provide comfortable and healthy environments.



Physical activity is important, but social interaction is just as important. Having the opportunity to participate with group activities, or just hang out casually, can have a huge impact on the successful transition to senior living. In addition to communal dining halls, many facilities are creating flexible gathering spaces that can be changed by group/day/function. This is raising the bar on space design. A bistro could be converted to an afternoon cooking class and then a bar for evening entertainment with individual wine lockers, billiards and cards games. All are excellent, engaging activities, but also present engineering challenges for accommodating such a wide array of space uses.

These spaces need to be flexible and the MEP and technology systems need to accommodate small and large gatherings. The HVAC systems need to be flexible and scalable in their operation and capacity, as well as their outside ventilation air quantities. This can be achieved via larger VAV type systems or DOAS and VRF systems. The older technology of PTAC through the wall units, will typically not meet the needs of the spaces and newer ventilation and energy codes. Due to COVID, Bala has helped facility manager mitigate virus transmission using new HVAC technologies and converting some rooms/suites to isolation suites with negative pressurization.



COMING UP IN PART THREE

So far in our life care series we have covered the in-home environment and external facilities and in part three of the series we will take a deeper dive into the practical need of protecting the health of a senior population.

Want to know more now?
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