

Preventative Health

- Home
- Travel
- Work
- Shopping
- Recreation
- Self monitoring



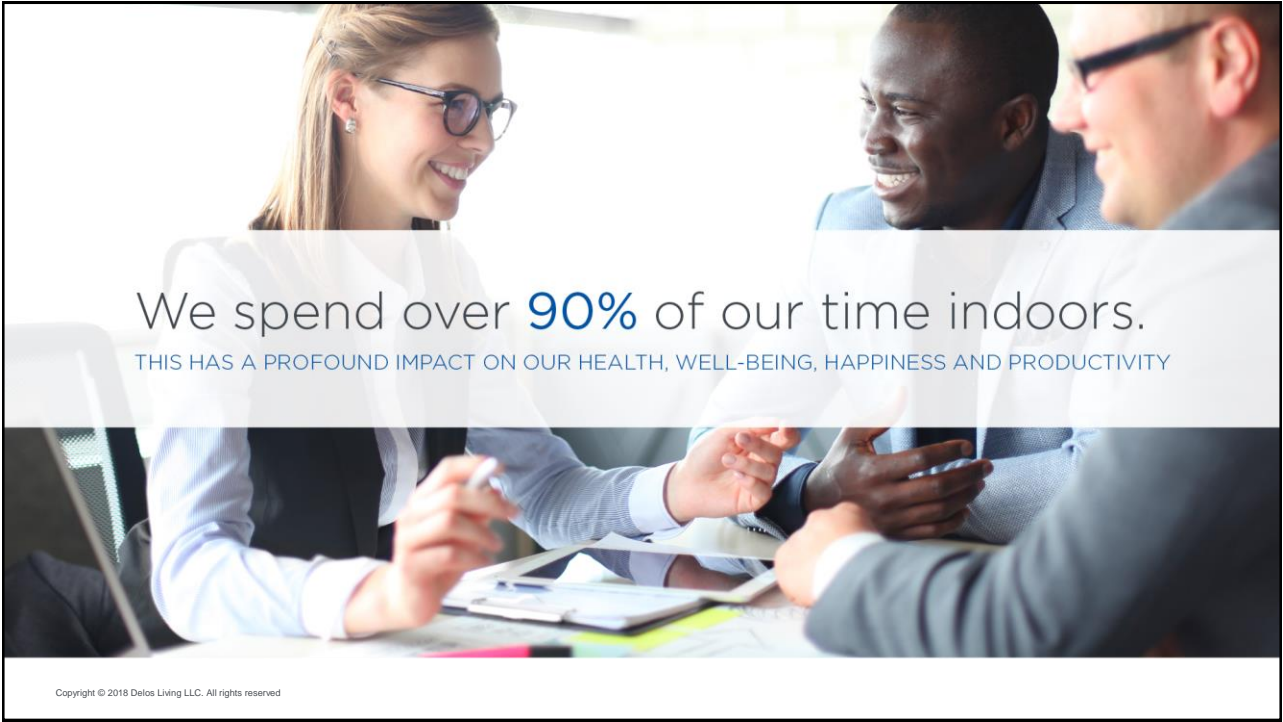
Episodic Treatment

- Medical offices
- Hospital
- Urgent care
- Rehab



Post Acute Care

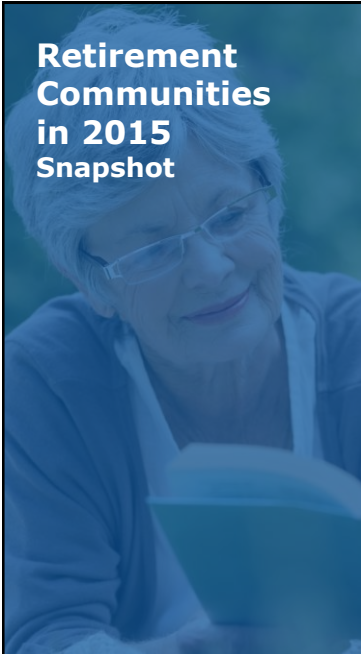
- Home care
- Skilled nursing care
- Hospice



We spend over **90%** of our time indoors.

THIS HAS A PROFOUND IMPACT ON OUR HEALTH, WELL-BEING, HAPPINESS AND PRODUCTIVITY

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Retirement Communities in 2015 Snapshot

Key Statistics Snapshot

Revenue	Annual Growth 10-15	Annual Growth 15-20
\$61.9bn	3.7%	6.1%
Profit	Wages	Businesses
\$3.4bn	\$22.8bn	18,076

Senior care centers:
45,800²

Individuals in senior care environments:
2,204,900²

1. IBIS World Industry Report 2015
2. CDC Vital and Health Statistics 2016

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Healthy Aging Objectives to Advance the National Prevention Strategy

Healthy and Safe Community Environments

Clinical and Community Preventative Services

Elimination of Health Disparities

Empowered People

1. Sylvia Mathews Burwell S, Tom Vilsack S, John King SB, et al. Healthy Aging in Action: Advancing the National Prevention Strategy.; 2016. <https://www.surgeongeneral.gov/priorities/prevention/about/healthy-aging-in-action-final.pdf>. Accessed November 30, 2018.



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Strategies to improve the environmental conditions for Aging in America



Aging in Place

- Universal Design
- Healthy Building Standards (i.e., WELL, LEED)
- Air, water, light, sleep cycles
- Environmental Monitoring (Passive)
- H.R. 1780: Senior Accessible

Housing Act –bill introduced to create a nonrefundable personal tax credit up to \$30,000 for senior citizens who modify their residences to enhance their ability to remain living safely, independently, and comfortably in their residences.



Aging in a New Place

- Universal Design
- Connectedness through Design (i.e., High Walk Score, Active Commuting, Engagement and Community Purpose, Diversity)
- Healthy Building and Healthy Community Standards (i.e., WELL, LEED)

- Air, Water, Light, Safety, Security, Nourishment, Activity, Stress, Connection
- Earlier the better, re-branding offerings to encourage earlier transition



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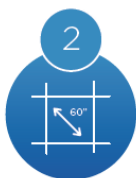
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The Power of Designing for All

Designing for the extremes may benefit the means



1
One entrance without steps and a flat or very low threshold



2
Minimum 60° level maneuvering space at stepless entrance



3
Hall widths of 42"



4
Passage doors 32" clear



5
Maneuvering space at doors



6
Increased number of electrical outlets for additional lighting and alarm indicators, especially in bedrooms



7
Clear floor space in kitchens

1. Sylvia Mathews Burwell S, Tom Vilsack S, John King SB, et al. Healthy Aging in Action: Advancing the National Prevention Strategy.; 2016. <https://www.surgeongeneral.gov/priorities/prevention/about/healthy-aging-in-action-final.pdf>. Accessed November 30, 2018.

The Power of Designing for All

Designing for the extremes may benefit the means



8
Adaptable cabinets to reveal kneespace at sink and under work surface near cooking appliances



9
Clear floor space in bathroom



10
Adaptable cabinets with under sink kneespace



11
Broadly applied bands of reinforcement inside walls around toilets for grab bars



12
Tub or shower controls that minimize stooping, bending, reaching

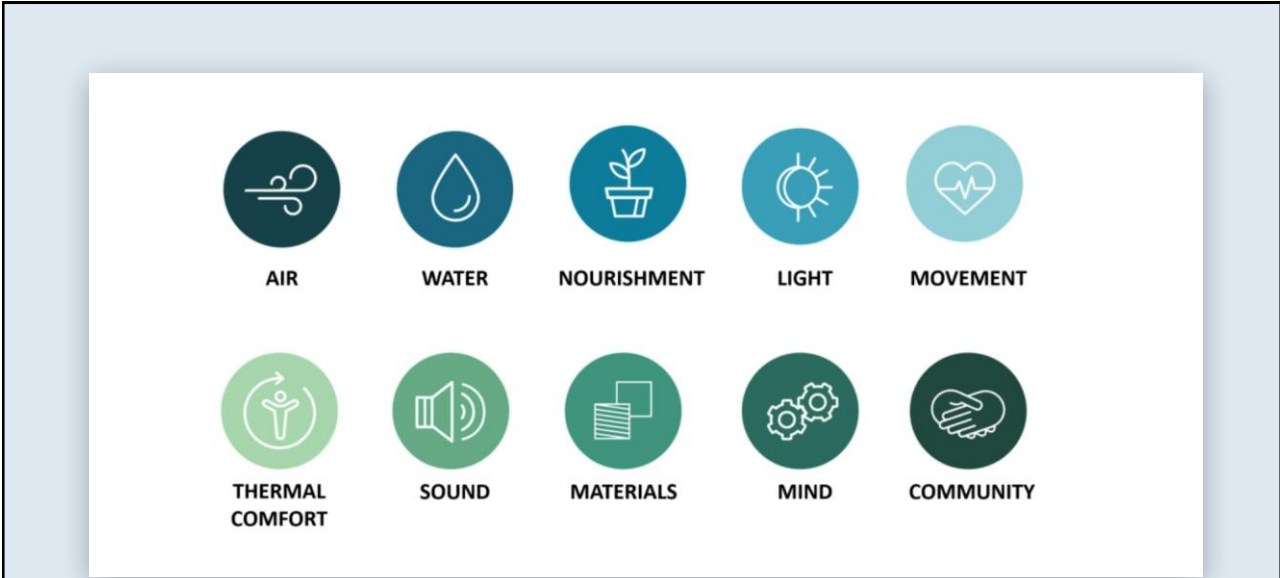


13
Toilet in a 48" x 56" space with centerline of toilet 18" from sidewall



14
Curbless showers, at least 36" x 60"

1. Sylvia Mathews Burwell S, Tom Vilsack S, John King SB, et al. Healthy Aging in Action: Advancing the National Prevention Strategy.; 2016. <https://www.surgeongeneral.gov/priorities/prevention/about/healthy-aging-in-action-final.pdf>. Accessed November 30, 2018.



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The Elements of DARWIN™ Create a Holistic Wellness Ecosystem

AIR PURIFICATION

WATER PURIFICATION

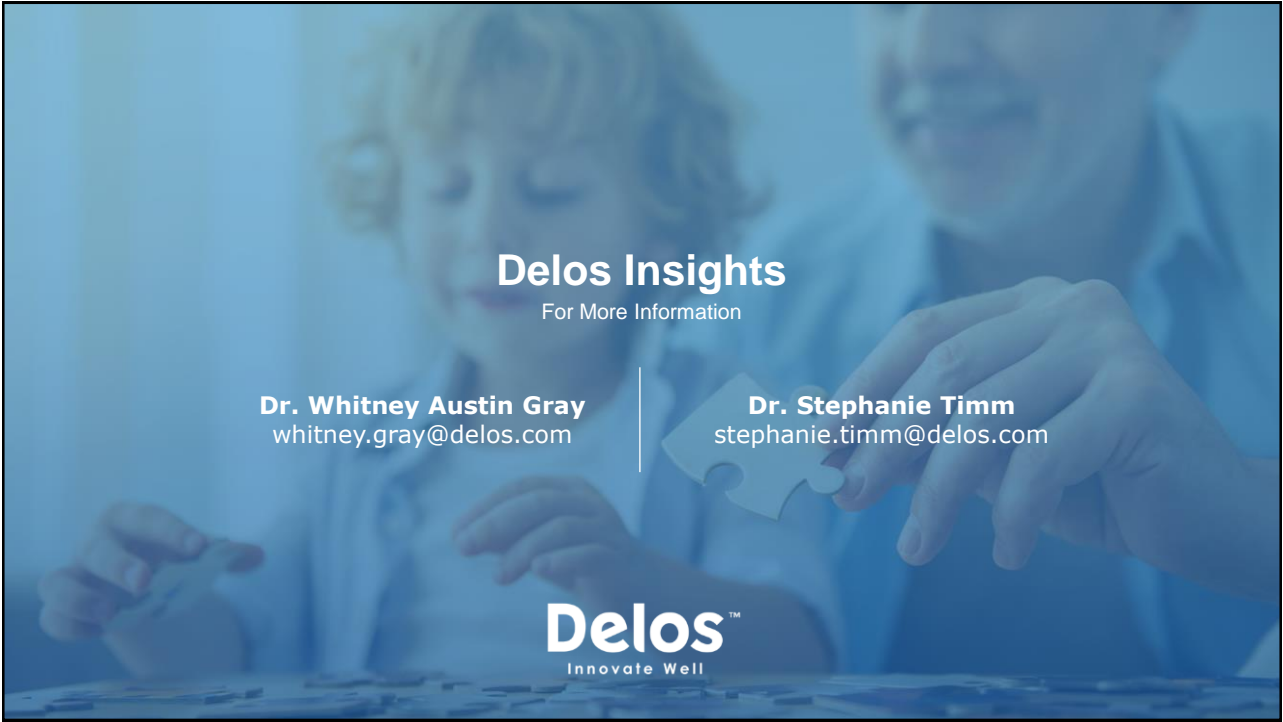
CIRCADIAN LIGHTING

SLEEP ENVIRONMENT



Conclusions

- As real estate investment in aging communities is growing, there has been little attention to safety, security, and health interventions geared toward reduction and prevention of costly and unnecessary medical expenses for the aging population (i.e., fall risks, isolation)
- Voluntary building certifications such as the **WELL Building Standard** can help support and develop standardization for aging in place in the design, construction, operations, and maintenance of a building.
- There is a need for **stronger market and regulatory incentives**, such as zoning privileges, financing options, progressive mortgage loan structures, and operational efficiencies to encourage increased pursuit of healthy building certifications.
- Real estate decisions generally determine the location, amenities, operations, and technological capabilities of residences (such as environmental monitoring). Health solutions are being delivered beyond the hospital, and the home environment should be designed to accommodate. **Residential environments can be designed pro-actively to deliver preventative intentions.**



Delos Insights

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