



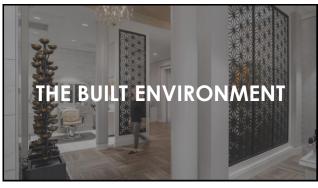
AGENDA

Introductions The Built Environment Dimensions of Wellness Senior Living Environments Group Exercise Sharing + Call to Action

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What does the built environment have to do with **health + wellness**?

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90%

of Americans' time is spent indoors

Source: EPA - Sept 2021



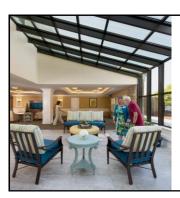
DETERMINANTS OF HEALTH

Genetics Behavior Environmental and physical influences Medical care Social factors

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WE BELIEVE GREAT ARCHITECTURE elevates people's potential

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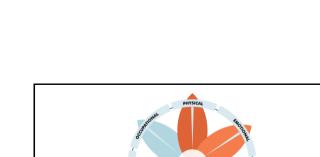
WELLNESS + THE BUILT ENVIRONMENT

Air Water

Nourishment

Light Sound

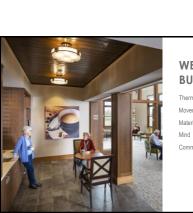
THE SEVEN DIMENSIONS OF WELLNESS





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WELLNESS + THE BUILT ENVIRONMENT

Thermal Comfort Movement Materials Mind Community



PHYSICAL

Promote physical activity Know your body Mindful nutrition



EMOTIONAL

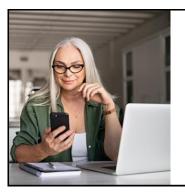
Awareness and acceptance of feelings + mood Understanding of self Expression and management of feelings Interdependence of relationships

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SOCIAL

Community Communication Relationships



INTELLECTUAL

Expanding knowledge + skill Lifelong learning Pursuit of personal interests Curiosity

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SPIRITUAL

Life with meaning and purpose Beliefs and values Open mind

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ENVIRONMENTAL

Respectful of surroundings Interaction with nature Recognizing environmental impact



OCCUPATIONAL

Enrichment of life through work One's unique gifts and talents Active and involved







DESIGN

Programming + adjacencies MEP system selection Material selections Continual improvement

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BEHAVIOR

Making the healthy decision easiest Embrace choice Encourage wellness

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OPERATIONS

Programs Culture

Policy People

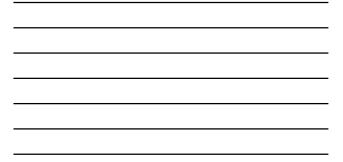


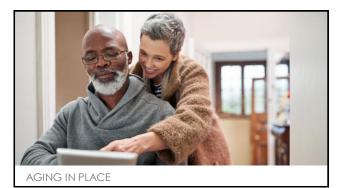


DEMENTIA FRIENDLY ENVIRONMENTS



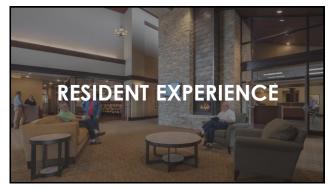
















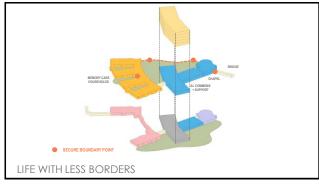














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Employee engagement correlates with resident

satisfaction

Source: Argentum "Building an Engaged Senior Living Workforce," 2018















DEFINING SUCCESS

Engaged residents Independent longer Continual improvement





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THANK YOU!

Contact us to learn more about how to elevate your people through design



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