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[www.esthergreenhouse.com](www.esthergreenhouse.com)

# Learning Objectives

At the end of the this course, participants will be able to:

1) Address misconceptions of Universal Design—what it is and what it is not.

2) The theory of Environmental Fit and Press—its hidden impact and why it is crucial to sustainability.

3) How the status quo of the built environment is unknowingly (and unnecessarily) disabling most people.

4) How and why to incorporate Universal Design with green building for true sustainability.

# BUILT TO THRIVE!

## Green + Universal =

## *True* Sustainability

Esther Greenhouse, M.S., CAPS

AIA18

June 2018

# 1:  Issues & Rationale

# 2:  Solutions

# #1

# ISSUES &

# RATIONALE

# The Paradigm

The built environment will impact behavior no matter how **well** or **poorly** it is designed

# ENVIRONMENTAL FIT

- **Good Fit = Independence**

- **Poor Fit = "Press"**

   **-stress to adapt to environment**

from M. Powell Lawton's "Environmental Docility Hypothesis" and Lawton & Nahemow's "Ecological theory" (1973)

# Aging Begins at 8

# The Status Quo

# is *not* Benign

## We do *not* Design for Everyone

# ENVIRONMENTAL PRESS

- **Prosthetic Environments:**

  - **adopt sick role = atrophy**

- **Poor Fit = "Press"**

  – **exacerbates decline of remaining abilities**

# ENVIRONMENTAL PRESS

- **Overly Demanding Environments:**
  - decreased independence
  - increased risk of accidents
  - exacerbates decline of remaining abilities

Paradise Rd

Visitor
Information

# Community Features
# ≠ Citizens' Needs

# #2
# SOLUTIONS

# Universal Design

# Universal Design

# is

# design for ALL

# ADA IS IMPORTANT BUT-

# ADA ≠ SF Residential

# ADA ≠ Enabling

NOT UD.
ACCESSIBLE

NOT UD.
NOT ACCESSIBLE

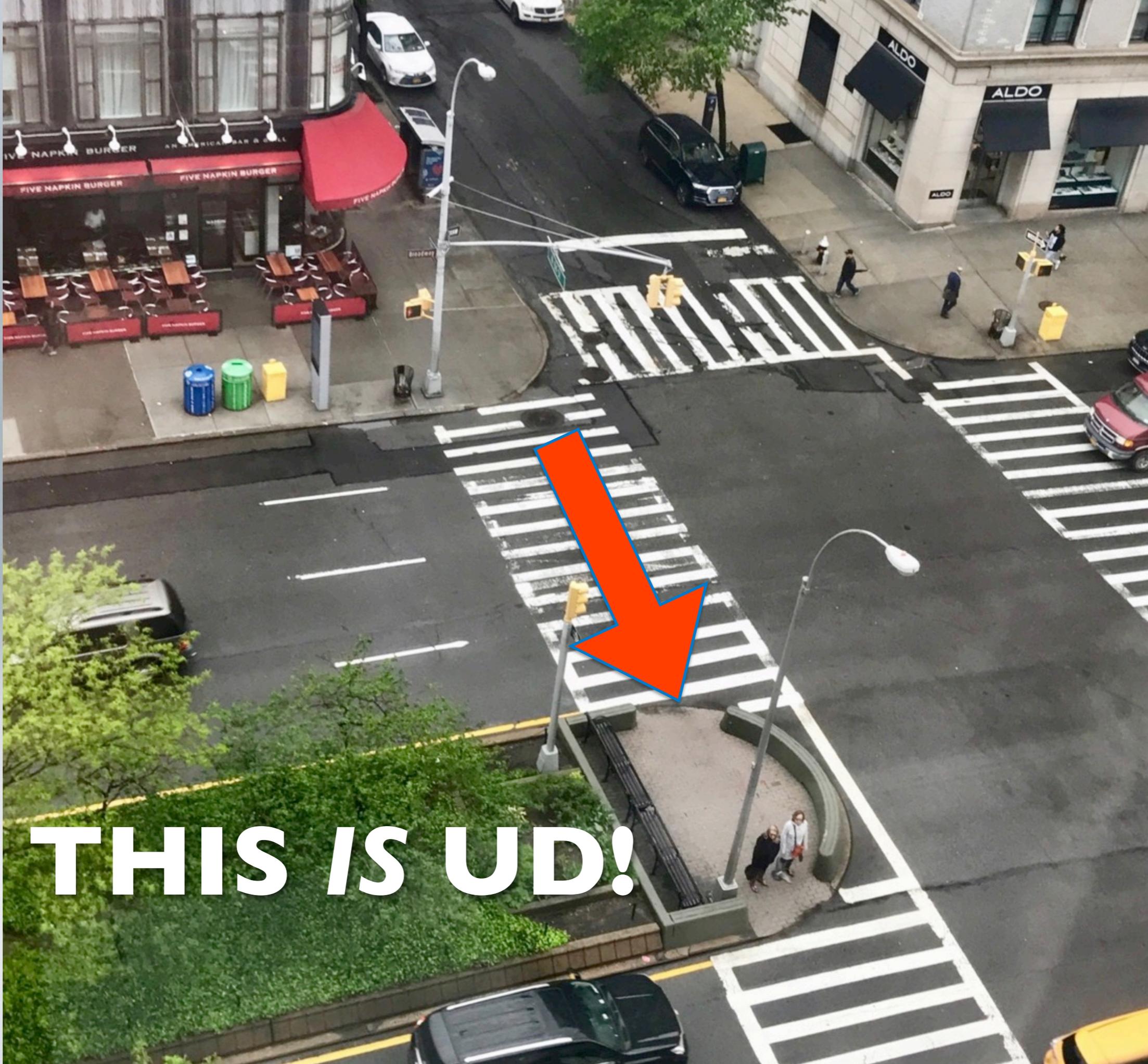# THIS *IS* UD!

THIS *IS* UD!

THIS *IS* UD!

THIS *IS* UD!
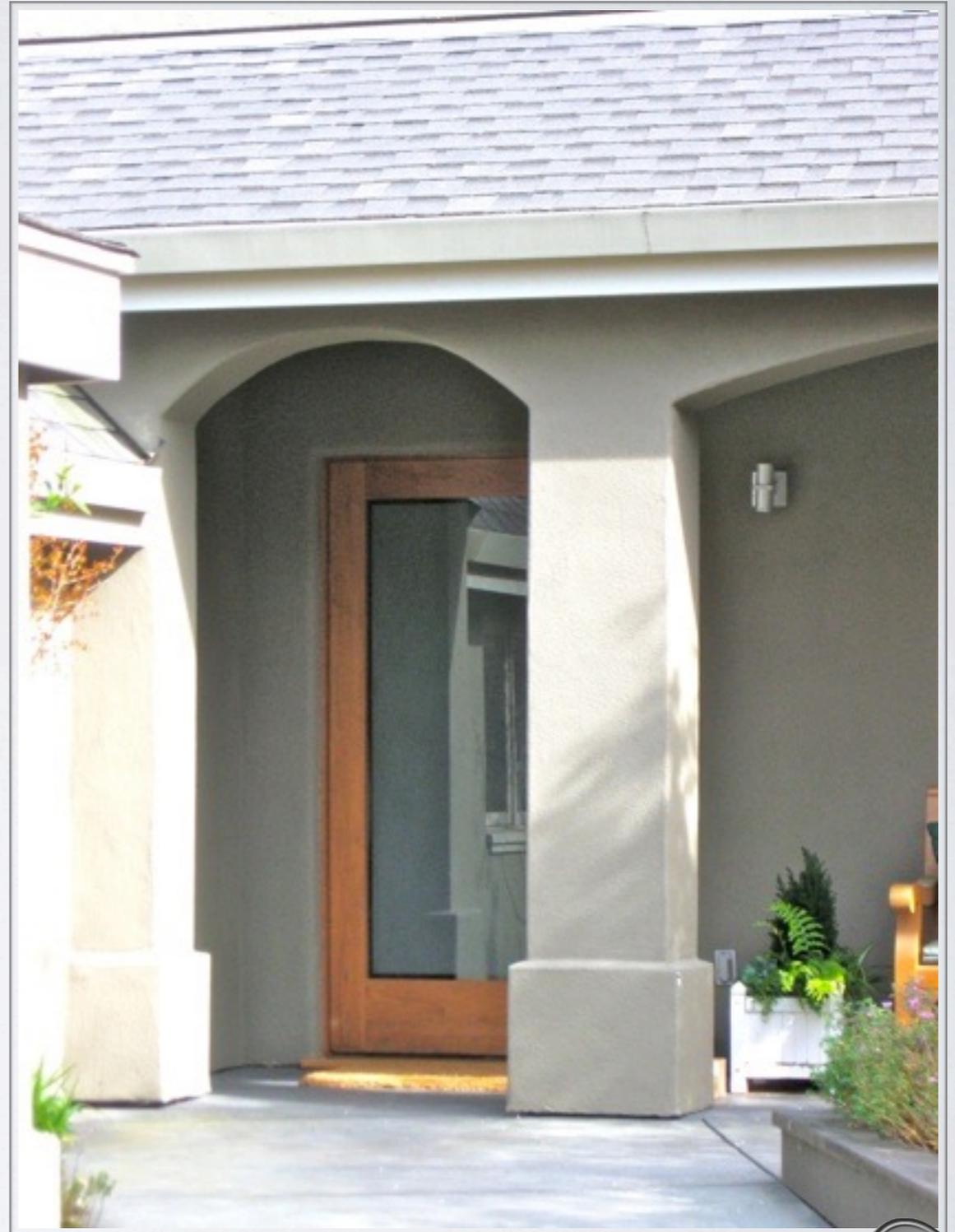
**THIS *IS* UD!**

# VISITABILITY

- One zero-step entry
- 32" wide door space
- 36" wide clear path
- At least a half bath on first floor

- Pima County, AZ

- Bolingbrook, Illinois

# Enabling Design

# ENABLING DESIGN

- **Environmental Psychology**
- **Informed Design**
- **Planning**
- **Transportation**
- **Policy**
- **Services**

# Utilize Existing Programs & Resources

![APA American Planning Association — Making Great Communities Happen]

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### Planning February 2018

IN THIS ISSUE:

Challenging the Status Quo ⇕

# Challenging the Status Quo

*By Esther Greenhouse, MS*

You have likely heard the term *universal design.* It refers to the design of products and environments to be usable by all people, to the greatest extent possible, without the need for specialized design. That is according to the RL Mace Universal Design Institute (udinstitute.org), a North Carolina nonprofit.

Still, the application of universal design is lagging behind the need. The norm in our society is to conflate UD with disability and frailty. We view people with disabilities as "other," as a discrete subset of the population.

This view, along with unfamiliarity with universal design concepts, is the biggest barrier to applying UD principles to the design and construction of actual communities.

In the course of my practice as a designer and environmental gerontologist, I encounter two familiar refrains: "It would be nice to address their needs, but we cannot afford to design and build for a subset of the population, for an occasional user."

In truth, we're already designing for a subset of the population — people of average height and reach (often male), and the highest sensory abilities. Everyone else has to adapt. UD means expanding the

P Network of Age-Frien  ✕

www.aarp.org/livable-communities/network-age-friendly-communities/

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A Self-Service Tool Kit

# The AARP Network of Age-Friendly Communities

**Age-friendly towns, cities and counties are great for people of *all* ages. Our self-service guide explains how your community can join this World Health Organization-affiliated program**

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The AARP Network of Age-Friendly Communities encourages states, cities, towns and rural areas to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

(Go ahead and take a look at The Member List now. Then come back to this page.)

# One in Three Americans is Now 50 or Older

By 2030 one out of every five people in the United States will be 65-plus.

RP Network of Age-Frier ×  |  Livable Communities Resou ×  |  AARP Livability Index - Web ×

https://livabilityindex.aarp.org

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# Livability Index | Great Neighborhoods for All Ages

LIVABILITY DEFINED   CALCULATING SCORES   LIVABILITY CATEGORIES   ABOUT US   FAQS       f  t  ▶

healthy food options

## How **livable** is your **community**?

enter your address, city, state or zip code    🔍

**LEARN MORE**

The Livability Index scores neighborhoods and communities
across the U.S. for the services and amenities that impact your

# RETROFITTING HOMES

- **Expand WRAP programs**

- **Energy Efficiency**

- **UD Features**

- **Aging in Place (CAPS)**

- **Unnecessary Renovations**
- **Energy Efficiency = Budget**
- **Thermal Comfort = Better Functioning**
- **Longevity = Safety (LEDs)**
- **Technology (motion sensors)**

# Enabling Design is not Satellite Science

# We have the responsibility & opportunity to enable by design and create sustainable spaces & places

**Harness
the Power of
the Built Environment**

to enable citizens
to *THRIVE!*

# Email me for List of Hyperlinked Resources
## [esg@esthergreenhouse.com](mailto:esg@esthergreenhouse.com)



## [www.esthergreenhouse.com](http://www.esthergreenhouse.com)