HOUSING FOR THE ELDERLY

Undergraduate Architecture Series
College of Architecture
Ball State University
Muncie, Indiana

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# Architecture

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A. SYSTEMS APPROACH TO ENVIRONMENTAL PROBLEMS

1. Need - There is now a slow but steadily growing recognition of the need for an organized way to approach environmental problems. The tremendous explosion of knowledge in this century, brought about by scientific research, has begun to consolidate and to increase the level of awareness in all professions, including those concerned with environmental problems, with the result that already existing problems have been made much more complex and "new" problems are being discovered and added to lists of things to be considered. Many people are trying to develop tools that will enable them to deal with the highly complex, interrelated, and often indeterminate problems of the environment. Systems science seems to have much to offer as such a tool. In this context, systems science is considered in a broad conceptual sense to concern an understanding of structure and processes, the how and why of things and groups of things, as opposed to more narrow applications such as the use of mathematical tools and computers to solve sub-systems such as economic planning, critical path, etc.

2. Application Of Systems In Architecture - There is generally, at present, a lack of a conceptual framework for the application of systems science in architecture.
Systems in architecture has a rather narrow meaning and invariably means technological systems i.e. hardware (structure, enclosure, HVAC, etc.). The technological systems make up roughly only \( \frac{1}{3} \) of what a total systems approach to architecture might be and maybe the last \( \frac{1}{3} \) at that. Lacking is a consideration of environmental systems i.e. the full ecological/energy context in which buildings might exist, (see Knowles, *Owen Valley Study*, Univ. South. Calif.). Lacking, also, is a consideration of behavioral systems i.e. the dynamic interrelationships of the processes resulting from the fact that human beings will be using the environment. These include processes from such areas of knowledge as anthropology, ergonomics, ethology, psychology, sociology, etc.

So while most "building systems" tend to be highly organized in technological/hardware areas there is a strange lack of equally sophisticated organization of the vast amounts of knowledge in the environmental and behavioral sciences from which the technological systems are supposed to be generated and serve. Indeed,

\[1\text{A holdover from earlier (40's and 50's) popular system thinking which focused on weapon and armament systems. The real conceptual basis for the systems sciences actually originated in the life sciences (biology, etc.) rather than technology. See: Lotka, *Elements of Mathematical Biology* and von Bertalanffy, *General System Theory*.} \]
one might wonder how the hardware systems could be adequately developed.

B. THESIS

1. Purpose - The following work is my undergraduate architectural thesis. Generally stated the thesis is that architecture could benefit from a total systems approach; that the development and application of behavioral systems is possible; and that a system, so developed, will be used to generate a physical design in the context of a given environment. The thesis will emphasize behavioral systems because it is probably more difficult and undeveloped than the environmental and technological aspects. This is not to ignore these other processes but is necessary because of the limited time, resources, and flexibility in the undergraduate program.

2. Context - The thesis context is housing for the elderly. The elderly were chosen because they can be focused upon as a "visible" study group and because they come in contact with many professionals (doctors, psychiatrists, etc.) with the result that there is much behavioral information available on them. The housing aspect of this group was selected because it serves as a adequate focal point to bring together most all dimensions of these people's lives (as oppos-
ed to, say, a medical facility for the elderly with its more or less short term, mono-directional goals and activities.

3. Program - The program for the elderly housing was taken from an real project that was to be constructed in Kokomo, Indiana during the summer of 1971. The project, to be built by the local Public Housing Authority with federal aid, called for 100 apartments for 100-200 elderly and handicapped persons on a half block site in a residential section of town. The program was violated where it was felt necessary in light of behavioral/environmental information obtained during research. The complete original program of the PHA is included in the an appendix of this book.

C. BEHAVIORAL SYSTEMS

1. Development - The concept of behavioral systems developed from research into large quantities of behavioral data on the elderly with the discovery that while there were many good studies into specific aspects of elderly behavior the studies stood largely in isolation despite the fact that many of the processes research-ed impinged and intertwined upon each other (stood in dynamic interaction) but no one had really started to investigate the interrelationships of the process-es i.e. on one had looked at them from an organismic
or system point of view.

2. Implications - Some of the implications of behavioral systems for environmental design are very exciting. Behavioral packages could be generated for specific groups (pre-school, elderly, ethnic, etc.) compiled by specialists in the behavioral and system sciences who are interested in environmental problems. Implicit in these packages is the idea of accumulated knowledge and the lowering of the amounts of energy needed to "break into" problems. The present practice of creating one-off solutions to problems that seem unique, but rarely are, cannot employ knowledge and experience that has accumulated and results in a very low efficiency often with questionable results. As we try to employ hardware packages (systems) to solve whole classes of problems, behavioral systems, specific to certain groups of people, could be used allowing the focus of great amounts of expertise on these topics (expertise lying beyond the majority of architects), the reduction of energy and time to solve problems, and with the chance of a more satisfactory solution.

Central to the idea of behavioral systems is the concept that they must be dynamic at several levels. They must be dynamic not only "within" the system by
interaction of given processes but dynamic "outside" the system as well, accepting new processes, altering, dropping, substituting existing processes. This could be accomplished by seeing the specific behavioral system as composed of sub-systems (physiological system, psychological system, etc.) which could manipulated to fit the peculiar aspects of the problems without invalidating the system as a whole. For example, physiologically, the aging process of a person in Indiana will show a great similarity with a person in Italy but the cultural and psychological reaction to the aging process will be quite different. Therefore, that particular sub-system could be changed and the system readjusted for this different impact i.e., content (information) changes but still functions by process through a valid structure (system).

In a broader sense, this systems approach concerns the building up of a body of knowledge that is accessible, will expand, and can be tested, similar to the situation that exists in most areas of science.
A. THE STUDY

1. Purpose - It was the purpose of the research part of the thesis to try to reach an understanding of the different processes involving elderly behavior by testing the idea of the development of a behavioral system.

2. Format - The format for the study is based on a doctoral thesis on estuary management.² The study is composed of a number of statements describing processes discovered from research into elderly behavior and environmental processes. These processes were then run through a problem locus and a solution locus:
   a. Problem Locus - summarizes the manner in which the process in action is caused by each other process to be problematical (causes) and the manner in which the process in question effects the other process (effect).
   b. Solution Locus - should represent the basic formulation of an overall policy statement by inferring: 1. required action, 2. suggested individual or institutional responsibility where it exists.

² A. Schultz, Estuary Management, Cornell Univ. 1969.
3. Solutions - An interesting aspect of this approach is that solutions may appear at various levels of analysis thereby greatly increasing the possibility of an optimum solution to the problem. For example, the solution to a problem may exist at the causal level or the effect level or both. Usually quite different solutions to the same problem will exist at different levels. This aspect will become clearer in the study.

4. Processes - The decision of which processes to present was based largely on the amount of research information available but not entirely so (processes thought to be vital were included anyway). The processes are:

1. Perceptual Behavior
2. Motor Performance
3. Nervous System
4. Sensitivity of Movement Patterns to Environmental Structure
5. Health and Use of Common Space
6. Security
7. Cognitive Behavior
8. Disengagement
9. Loss of Self-Concept
10. Self Maintenance Activity
11. Role Maintenance
12. Maintenance of Striving
13. Environmental Adaptation
14. Effectance Behavior
15. Social Interaction and Use of Common Space
16. Location and Use of Common Space
17. Open Doors and Social Interaction
18. Habitation Patterns
19. Social Relationships
20. Privacy
21. Outdoor Activity
22. Environmental Pull
23. Solar Orientation
1. PERCEPTUAL BEHAVIOR

Acuity in most sensory systems (sight, hearing, balance, etc.) declines with age but there is not a direct relationship between sensory acuity and behavior in the aged.

Problem Locus
cause

3. Focal issue in elderly perception is the capacity (resolving power) of the central nervous system to handle information reaching it via the sensory system.

effect

with age most sensory receptory require more energy to reach a threshold level of stimulation.

2. Elderly persons will tend to adapt to their sensory limitations by trying to avoid stress situations, slowness, and cautiousness.

3. Elderly individual requires more time to respond to stimuli, i.e. requires more time to receive the same amount of information

6. Because previously automatic movements need to be watched, the aged reduce their attention to the environment.

Solution Locus

No casual solution.

Amplify stimuli.

Plan environment to avoid stress situations.

* * *
10. Older people want and need more information from their environment.

Provide more (quantity) information at a higher quality (multi-sensory, i.e. visual + auditory, etc.).
2. **Motor Performance**

With increasing age there is a general reduction in the performance of motor skills.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td>cause</td>
<td></td>
</tr>
<tr>
<td>a. Loss of speed of condustion of nerve impulse</td>
<td></td>
</tr>
<tr>
<td>b. Loss of recovery capacities in many organ systems.</td>
<td></td>
</tr>
<tr>
<td>c. Small but significant decrease in average residual lung volumm with age therefore gas exchange is less and maximum breathing greatly reduced.</td>
<td></td>
</tr>
<tr>
<td>d. Organ systems show a reduction in their response to stimulation.</td>
<td></td>
</tr>
<tr>
<td>e. Responses of adrenal gland to administration of adrenototropic hormone are reduced.</td>
<td></td>
</tr>
<tr>
<td>f. Structural changes in skeletal system.</td>
<td></td>
</tr>
<tr>
<td>g. Reduction in cardiac output.</td>
<td></td>
</tr>
</tbody>
</table>

**Effect**

- a. Longer reaction time
- b. Slow recovery time
c. Short windness

d. Diminished ability to adjust to changes in environmental temperature.

e. Reduced muscular strength and speed of motion.

f. Stiffness and inflexibility of joints.

g. Tire easily.
### 4. Sensitivity of Movement Patterns to Environmental Structure

Because of possible incapacities, the movement patterns of the elderly are generally quite sensitivity to environmental structure.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td>cause</td>
<td>cause</td>
</tr>
<tr>
<td>1. Limited perception</td>
<td>1. Medical</td>
</tr>
<tr>
<td>2. Reduced strength and structural changes in the skeletal system</td>
<td></td>
</tr>
<tr>
<td>3. Easy loss of orientation</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>effect</th>
<th>effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Elderly person may limly movements to areas that require little monitoring.</td>
<td>Avoid complex locomotive tasks that interfere with monitoring of body placement.</td>
</tr>
<tr>
<td>2. Walking may become difficult</td>
<td>Limit grades to 5 degrees and be careful about placement of steps</td>
</tr>
<tr>
<td>3. May retard frequency of social encounter/interaction.</td>
<td>Visual access to some areas will increase locomotion (micro-environmental pull).</td>
</tr>
</tbody>
</table>
5. **HEALTH AND USE OF COMMON SPACE**

In institutions for the elderly, use of common space increases up to a point as the average health of a building's tenants becomes poorer.

<table>
<thead>
<tr>
<th>Problem Locus (cause)</th>
<th>Solution Locus (Medical)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Reduced mobility due to aging process.</td>
<td>Provide adequate common space.</td>
</tr>
<tr>
<td>10. Drop in self-maintenance skills.</td>
<td>Provide appropriate facilities at optimum locations to facilitate this activity.</td>
</tr>
</tbody>
</table>

**effect**

2. Adequate provision of common space becomes increasingly important as the population to be houses less well.

14. People with limited physical capacity tend to sit in public/common places to watch ongoing activity more than do the physically able.
Health of tenants in public housing will be relatively high point where health poor that individual stays in his room

Increasing, good health of tenants

Increasing use of common space

* Conflicts with 13 & 17 which will counteract above trend
6. **SECURITY**

Physical frailty of older people requires some provision for basic physical safety.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>cause</strong></td>
<td></td>
</tr>
<tr>
<td>1,2. Reduction in performance factors, i.e. decline in health to frailty.</td>
<td>Medical</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>effect</th>
<th>Increase police protection of neighborhood and/or protection of housing environment.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,2. Elderly susceptible to criminal exploitation (assault, robbery, intimidation, etc.).</td>
<td>Plan for maximum safety in all areas requiring complex motor skills.</td>
</tr>
<tr>
<td>Changes in motor skills in persons over 65 contribute to high accident rates (deaths resulting from falls are more common than deaths from all other sources of accidents combined).</td>
<td></td>
</tr>
<tr>
<td>15,22. Creation of fear, anxiety, etc. reducing movement from dwelling unit and lowering overall quality and quantity of social life.</td>
<td>Controlled access to entry and building circulation system. No entry to dwelling units directly from street.</td>
</tr>
</tbody>
</table>
7. **Cognitive Behavior**

Deficits in memory and orientation are among the earliest and most common symptoms of the effects of the aging process on cognitive behavior.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
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</thead>
<tbody>
<tr>
<td><strong>cause</strong></td>
<td><strong>Medical</strong></td>
</tr>
<tr>
<td>3,5. Elderly persons suffer from minor brain damage or lapse associated with cerebral arteriosclerosis.</td>
<td>Use environmental markers to amplify dwindling sense of time: prominently displayed clocks, calanders, color-coded room doors, clearly named and lettered building areas, colored and textured trails on floor and wall to mark important routes, sun angles and shadow patterns. Recognition of longer time periods will be reinforced by use of seasonal objects, symbols relating to religious holidays, close association with nature to experience seasonal changes.</td>
</tr>
<tr>
<td><strong>effect</strong></td>
<td></td>
</tr>
<tr>
<td>3,5. Elderly may tend to lose touch with time, to lose relationship among the day's events, and to lose ideas of spatial relationships.</td>
<td></td>
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</tbody>
</table>
own interaction patterns within
the framework (physical struc-
ture) of their environment, i.e.
meeting places, light weight
chairs in meeting spaces to al-
low easy arrangement of seating,
grouping, and traffic patterns
thus allowing proximity to ac-
tion but noninteraction (anonym-
ity) if desired (elderly person
chooses the degree of interac-
tion he desires).
8. **DISENGAGEMENT**

Often the environment is "moving away" from the elderly person in the sense he is losing meaningful modes of interacting with his environment.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>cause</strong></td>
<td></td>
</tr>
<tr>
<td>1. Receiving less information from the environment.</td>
<td>Amplify stimuli, multi-sensory stimuli, medical.</td>
</tr>
<tr>
<td>2. Decreased mobility amplifies distance as a barrier to meaningful activities.</td>
<td>Access to transport or meaningful points of contact within realistic distances.</td>
</tr>
<tr>
<td>9. Change of role</td>
<td>Social values change definition of expectant roles for elderly.</td>
</tr>
<tr>
<td>15. Loss of family and friends.</td>
<td>Plan environmental structure and programs of activity to allow the establishment of new friendships.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>effect</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>15. Involuntary reduction of social interaction.</td>
<td>Provide framework to encourage participation/interaction while allowing for disengagement (do not force interaction upon elderly person as disengagement within limits is considered appropriate accommodation to aging).</td>
</tr>
<tr>
<td></td>
<td>Allow elderly to structure their...</td>
</tr>
</tbody>
</table>
## LOSS OF SELF-CONCEPT

Many elderly persons have to deal with problem of a loss of self-concept.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
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<tbody>
<tr>
<td>cause</td>
<td></td>
</tr>
<tr>
<td>1, 2. Biological loss (poor health).</td>
<td>Medical</td>
</tr>
<tr>
<td>7, 9, 11. Social loss (change in living arrangements from large to small quarters, unemployment, admission to an institution, etc.)</td>
<td></td>
</tr>
</tbody>
</table>

**effect**

7. A sense of alienation from the person he has been throughout a lifetime.

9. Increased importance of the past allowing the person to savor the thought of what he has been as opposed to who he is or may become.

11. The older person finds the past a necessary component of his present self.

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Allow elderly to bring with them and keep articles, etc. of their past lives.

Allow elderly to structure their mode of living around previous patterns of living. (Upon moving into public housing, poor tenants were generally glad to leave their past behind and acquire new items consummate with their long desired new housing, but even then they still wished to retain some things from their past lives. - Carp Study)
10. **SELF MAINTENANCE ACTIVITY**

Self maintenance activities and skills may become difficult for the elderly person and reduce his physical and mental well being.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
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</thead>
<tbody>
<tr>
<td>cause</td>
<td>Medical</td>
</tr>
<tr>
<td>2. Structural changes in skeletal system</td>
<td></td>
</tr>
<tr>
<td>effect</td>
<td></td>
</tr>
<tr>
<td>2. Decline in mobility which reduces range of effective action.</td>
<td>Locate basic resources within realistic distances for older people.</td>
</tr>
<tr>
<td>Decline in manual skills</td>
<td>Use hardware that responds to a light touch.</td>
</tr>
</tbody>
</table>
11. **ROLE MAINTENANCE**

As people become old they are usually forced to find new roles for themselves at a time when they may find it most difficult to do.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
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</thead>
<tbody>
<tr>
<td>cause</td>
<td>retirement based on competence not age; redefinition of range of roles open to elderly.</td>
</tr>
<tr>
<td>8. Forced retirement, change of role due to social stereotypes, etc.</td>
<td>effect</td>
</tr>
<tr>
<td>2, 10, 16. Decline in older person's competence through lack of exercise and meaningful activity.</td>
<td>Provide spaces where functional activities can be maintained and provide some of these activities within the housing environment, (laundry, stores, etc.).</td>
</tr>
</tbody>
</table>
12. **MAINTENANCE OF STRIVING**

Rigid or overdone extra-environmental support for the elderly and handicapped takes the risk of making decisions for all people, tends to "fix" disability, and retards learning.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
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</thead>
<tbody>
<tr>
<td>cause</td>
<td>Determine level of extra-environmental support required.</td>
</tr>
<tr>
<td>1, 2, 3. Incapacities of elderly and handicapped require certain extra-environmental supports.</td>
<td></td>
</tr>
<tr>
<td>effect</td>
<td>Determine: possibility of regaining function; if there is design to encourage growth toward a higher level by building in flexibility to suit the individual or changing individual.</td>
</tr>
<tr>
<td>10. Decline in competence through lack of exercise, learning, meaningful behavior, and role maintenance.</td>
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13. **ENVIRONMENTAL ADAPTATION**

All things being equal, a world of familiar objects is preferable for the elderly to one that is strange.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
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</thead>
<tbody>
<tr>
<td>cause</td>
<td>No causal solution.</td>
</tr>
<tr>
<td>9. Conditioning</td>
<td></td>
</tr>
<tr>
<td>effect</td>
<td></td>
</tr>
<tr>
<td>9. Great personal stress often generated with forced relocation of elderly or heady acceptance of new environment by poor elderly who desire better dwelling space and security of public housing.</td>
<td>New environment should retain patterns associated with elderly persons old environment or Provide new environmental patterns that will improve elderly behavior while allowing same basic responses as old environment.</td>
</tr>
<tr>
<td>10. Increased death rate of elderly with forced relocation.</td>
<td></td>
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</table>
14. EFFECTANCE BEHAVIOR

The neuro-muscular system tends toward activity when otherwise unoccupied or gently stimulated by the environment.

<table>
<thead>
<tr>
<th>Problem Locus</th>
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<tbody>
<tr>
<td>cause</td>
<td>Medical</td>
</tr>
</tbody>
</table>

1. General decline in health, particularly in the areas of sensory and motor incapacities

10. Extension into old age of activities considered desirable for people in younger life.

effect

11. Substitution of empathic participation for active participation (visual scanning, sitting and watching).

Build to accommodate this behavior by considering structure and orientation that would maximize possibilities for viewing the behavior of active people (seating in areas of high activity, entrances, lobbies, malls, town squares, streets, etc.).
15. **SOCIAL INTERACTION AND USE OF COMMON SPACE**

In public housing projects for the elderly, the greater the population of common spaces the more likely is social interaction. However, many factors may determine the proportion of a building's common space occupants who interact. Possible determinants of high interaction rate are low socioeconomic level of tenants or small amounts of common space.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
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</thead>
<tbody>
<tr>
<td><strong>cause</strong></td>
<td></td>
</tr>
<tr>
<td>10. The lower the socioeconomic level of the people using the common space the more likely they are to interact. or 19. Small amounts of common space results in greater density of individuals and therefore a higher proportion of encounters leading to interaction.</td>
<td>Provision of adequate common space critical for low socioeconomic elderly people. or Determine desired level of social interaction as a function of the quantity of common space.</td>
</tr>
<tr>
<td><strong>effect</strong></td>
<td></td>
</tr>
<tr>
<td>5. The lower the general health of the tenants, up to a point, the greater will be the amount of interaction. 12. Social interaction will be higher in common spaces that allow visual scanning. 16. Common space located near the center of activity will promote more interaction.</td>
<td></td>
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</table>
### Location and Use of Common Space

Common space located away from the center of activity serves a real social purpose for a small number of people but are grossly underused.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
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</thead>
<tbody>
<tr>
<td>10. General inability to watch activities of building.</td>
<td>Locate common space in or near centers of activity with direct visual access between them.</td>
</tr>
<tr>
<td>11. Remote activity spaces are utilized in informal ways by elderly individual tenants for unplanned activity.</td>
<td>Adequate use of these areas depends on their having organized activities at scheduled times.</td>
</tr>
<tr>
<td>12. Where there is provision of suitable seating in a center of activity, use of other &quot;activity&quot; spaces is almost non-existent (approx. 1% of tenants).</td>
<td>Reduce remote &quot;activity&quot; space to a minimum or eliminate it. Provide these services at centers of activity.</td>
</tr>
<tr>
<td>13. Main entrance area most important common space, i.e. place where &quot;outside&quot; world enters the housing environment, and the lives of the tenants, offering the possibility of new events, people, experiences, etc. Where adequate provisions are available, this space has highest occupancy.</td>
<td>Utilize dynamics of joint between housing and larger environment. If this is not possible satisfy the same desire by allowing access to immediate high activity areas, i.e. breakdown joint/line between outside and housing environment.</td>
</tr>
</tbody>
</table>
17. **Open Doors and Social Interaction**

The incidence of open doors is related to the amount of social interaction in a building. An open door is, among other things, a social invitation.

<table>
<thead>
<tr>
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<th>Solution Locus</th>
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</thead>
<tbody>
<tr>
<td>cause</td>
<td></td>
</tr>
<tr>
<td>6. Open doors presupposes general security of housing community.</td>
<td>Halls etc. must be safe to encourage social use.</td>
</tr>
<tr>
<td>14. Desire to monitor other people's behavior.</td>
<td></td>
</tr>
<tr>
<td>22. Greater degree of site centeredness may result in more use of open doors as a mode of social interaction.</td>
<td></td>
</tr>
<tr>
<td>effect</td>
<td></td>
</tr>
<tr>
<td>6. Increased feeling of security by occupancy of halls by friends and peers who can give or summon help.</td>
<td>Foster movement and social encounter as a means of aiding social interaction.</td>
</tr>
<tr>
<td>10. Incidence of open doors is positively with the number of within building friends named by tenants.</td>
<td></td>
</tr>
<tr>
<td>15. Occupancy percentage in halls is highly correlated with the percentage of open doors.</td>
<td>Do not create physical barriers that will hinder this mode of interaction (high-rise, very complex plan, etc.).</td>
</tr>
<tr>
<td>19. This mode of interaction may be increased by a low-rise structure which would facilitate more traffic on a particular plane past open doors (up to the point</td>
<td></td>
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</table>
where distance becomes too great or where privacy is threatened by increased density.

Proper massing of buildings will provide necessary environmental control for year-round social activity by this mode. Create interior "streets" to encourage movement and social interaction.
### 1. NABATION PATTERNS

At congregate elderly housing, habitation patterns may be in a high level of interaction and change.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>cause</strong></td>
<td><strong>No causal solution</strong></td>
</tr>
<tr>
<td>High death rate as result of aging process.</td>
<td></td>
</tr>
<tr>
<td><strong>effect</strong></td>
<td>Allow elderly person to adjust to new living pattern by letting him have a range of flexibility in his housing, i.e. he can restructure his environment to fit his new needs or leave it the same (security, stability).</td>
</tr>
<tr>
<td>Reduction in family size (2 to 1), i.e. mate dies leaving partner alone.</td>
<td></td>
</tr>
<tr>
<td>Increase in family size (1 to 2), i.e. high remarriage rate (30% at some housing projects), two elderly people of same sex move in together for mutual benefit (economy, care, companionship, security, etc.).</td>
<td></td>
</tr>
</tbody>
</table>
19. **SOCIAL RELATIONSHIPS**

The more competent the organism the less will be the proportion of variance in behavior attributable to physical or conditions around it.

<table>
<thead>
<tr>
<th>Problem Locus cause</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td>10. Reduced competence (motor performance, perception, etc.) as result of aging process.</td>
<td>Medical</td>
</tr>
</tbody>
</table>

**effect**

2. Proximity and/or access to others is the prime factor in determination of friendship formation. Explorations leading to discovery of those with similar interests and status require mobility and the investment of energy of the part of the friendship seeker. In multi-story elderly housing, a person's friendships tend to be greatly limited to his floor (floor-boundness). Therefore ease of movement through environment affects friendship formation.

Increase ease of access to others in environment by increasing the "social interaction plane" i.e. the field of possible social encounter.
PRIVACY

Elderly people value their homes and privacy at all costs wherever they live.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td>cause</td>
<td></td>
</tr>
<tr>
<td>7.9. move or break up of the home symbolizes to many older persons the break up of their personalities and their importance. Primary importance to practically every person over 70 is the desire to live so that he will not have to adjust to new surroundings, new people, and new ways.</td>
<td>Provide a very high degree of privacy for each individual's home (still allowing him to seek out as much outside activities as he wants).</td>
</tr>
<tr>
<td>effect</td>
<td></td>
</tr>
</tbody>
</table>
| 13. Most common deterrents restraining people from living with old age peers is: | 1. fear of too much pressure  
2. fear of little privacy |


21. **OUTDOOR ACTIVITY**

The use of outdoor space by the elderly depends on the existence of an adequate environment structure.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td>cause</td>
<td></td>
</tr>
<tr>
<td>2. Degree of access to resources in the area.</td>
<td>Adequate outdoor space requires physical protection, seating, view of activity, boundary definition, opportunity to choose conservation seat grouping or isolation. (Desirability of street side sitting is questionable in homogenous residential setting. O.K. for city-center areas or mixed use areas, resort boardwalk serves as an ideal prototype.)</td>
</tr>
<tr>
<td>5. Degree of social pathology of the setting.</td>
<td></td>
</tr>
<tr>
<td>16. Compensatory use - outdoor space tends to make up for lack of adequate space within the building or housing spaces.</td>
<td></td>
</tr>
</tbody>
</table>

Effect

2. Often, elderly who maintain a high level of physical activity have better control over their body.
## ENVIRONMENTAL PULL

The degree to which activities are centered within elderly housing varies with the building's proximity to resources (shopping, entertainment, etc.) in the larger environment within which the building is embedded.

<table>
<thead>
<tr>
<th>Problem Locus</th>
<th>Solution Locus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>cause</strong></td>
<td></td>
</tr>
<tr>
<td>1.2. Physical distance between resources and residence.</td>
<td>Establish resources within realistic walking distances of elderly housing.</td>
</tr>
<tr>
<td>3. Lack of mobility (walking, driving, public transport).</td>
<td>Provide access (transport) to resources that are beyond realistic distances.</td>
</tr>
<tr>
<td><strong>effect</strong></td>
<td></td>
</tr>
<tr>
<td>1. Where resources are located beyond realistic distances from residences, activities will turn inward and be centered on the housing environment.</td>
<td>Determine degree of centeredness desired for housing environment and establish support facilities to handle introverted activity.</td>
</tr>
<tr>
<td>14. Within building centeredness is also a function of the type of spaces available within the housing environment and the activities conducted within those spaces.</td>
<td>Specific elderly community programs to intergrate non-project elderly with project elderly.</td>
</tr>
</tbody>
</table>
23. **SOLAR ORIENTATION**

The solar orientation of a building could be affected by the quantities of solar radiation falling on different sides at different times; the optimum solar orientation being one that would give maximum radiation impact in underheated periods and minimum radiation impact in overheated periods.

<table>
<thead>
<tr>
<th>Problem Locus cause</th>
<th>Solution Locus effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>For 40 degree north latitude: in winter, a southern exposure receives nearly 3 times as much sun energy as the east or west sides while in summer the radiation falling on the south + north sides is only ½ that absorbed by the east + west elevations.</td>
<td>Overall building mass elongated along an east-west axis will provide most balanced impact pattern (orientation must be correlated with wind and topography, elevation and slope exposure.)</td>
</tr>
<tr>
<td>7. Amount and/or frequency of sunshine associated with mood, emotional state of individual.</td>
<td>Bad orientation (no sun penetration) could have an adverse psychological effect on elderly.</td>
</tr>
<tr>
<td>12,21. Usefulness of outdoor areas closely related to orientation.</td>
<td>Plan habitable outdoor environments to offer choice of shade and exposure in summer and maximum exposure to sun in winter to encourage outdoor exercise during cold periods.</td>
</tr>
</tbody>
</table>
A. SYSTEM INTERPRETATION

Out of the many design determinants generated by the system a few have been selected to explain the major planning and forms of the building.

B. DETERMINANTS

1. Low/Spread Out Building - Energetics (the level of energy of an organism or, more basically, its metabolism) is a most basic concern in dealing with the elderly. The ability to transverse space under their own power gives satisfaction to the elderly as it reinforces behavioral patterns acquired throughout a lifetime; almost none of these elderly people will have lived in even a medium rise buildings (13. Environmental Adaptation). The one level building is continuous space and as such has a conceptual continuity in the mind of the elderly person (7. Cognitive Behavior). Continuity is the opposite of the segmented sampling of space in a high rise structure. This continuity enables the elderly person to have a feeling of control over his environment as a result of his being able to manipulate himself through it at a pace and in a style suitable to him.

The spread out building encourages movement (12. Maintenance of Striving) but is planned with activity nodes so the handicapped person can position himself for activity (14. Effectance Behavior) i.e. movement is not
required (4. Reactivity of Human Patterns to Environmental Structure). This spread out building offers a rich variety in the kinds and location of spaces.

Of great importance is the added boost to social interaction (19. Social Relationships). The elderly person can't become "floorbound" because nearly all of his social environment exists in his own plane. His plane of social interaction has been greatly expanded.

[Diagram: Floorboundness arrow expanding the social interaction plane]
2. Garden Court - One of the fundamental psychological problems of the elderly is the anxieties caused by the difficulties in adjusting to an ever increasing rate of change in society and the environment. The elderly person needs a certain level of stability in his life: a non-changeable space that he can withdraw to and feel safe from the pressures of time and change. If this space can be combined with the more or less timeless qualities of nature it is even more ideal. It is the purpose of the enclosed garden to provide this stability (also the apartments, see #7 in this section). The garden becomes a place to withdraw to (6. Disengagemant), alone or with a friend, and not be observed. Its access must be controlled; one must feel secure there (6. Security). Here one should be able to pass large amounts of time in idleness and reflection. The changes that do occur are seasonal and reinforce the elderly person's sense of time (7. Cognitive Behavior) but on a very slow gentle scale and enables those who cannot leave some close contact with nature in a residential neighborhood without access to nearby parks, fields, etc. The garden, being surrounded by the elderly housing, also affords wind protection with much sun so its use is encouraged even on chilly autumn or winter days (23. Solar Orientation).
3. Public Court - This area is the antithesis of #2 The Garden Court. Here the focal point becomes activity, others, shopping, arrival, departure, etc. Basic to elderly behavior is the desire to position oneself to be able to observe activity (14. Effectance Behavior) and for personal display (11. Role Maintenance). Because it is combined with commercial facilities (#6 in this section) it exerts a good of environmental pull (22. Environmental Pull) in the neighborhood further enhancing its function of high activity area. Because the elderly tend to use spaces near or in areas of high activity (15 Social Interaction and Use of Common Space) it is insured of intense elderly use and interaction as well as inter-generational contact. The court faces the busiest intersection bounding the site and boundaries between sidewalk, court, and building are vague encouraging a mixture of many kinds of activities.

It is vital that the elderly have this choice in extremes in uses of space as the same individual who on one day may desire activity may the next day want withdrawal to quiet outdoor areas.
4. The Lobby - The lobby is like an interior #3 Public Court in its positioning and encouragement of activity. Indeed, the two reinforce each other and by use of door walls, the demarcation between the two is made intentionally vague. Most all activity in the outdoor public court can be observed from the lobby. A second level lounging observation area is provided, which removes the elderly person from the plane of activity but not the proximity, for those who want to watch but are timid or do not feel like becoming too involved in the activity.

Around the lobby are grouped services such as the housing office, main arrival, and service entry. On the second level are the community activity/work/meeting spaces. These elements generate further activity and are mutually reinforced by giving the elderly activity to watch.
5. Loggia - Community life and interaction often need a proper structure to encourage occupancy, stopping, use, etc. Interior spaces are often too confining and demand too much interaction or close association with others while completely open areas have nothing to encourage stopping or congregation i.e. there needs to be an environmental structure, a reason to be there. It is the purpose of the loggia type spaces which surround much of the building to offer the necessary environmental support so that people are encouraged to stay. The loggia is created by a separation of major structure and enclosing wall. The wall is pulled back under and between the major structural elements of the building thus creating residual spaces that offer shelter and support. Here, again, the variety of spaces offer chances for sunning or sitting in the shade, encourage use at different times in a variety of weather conditions, and the formation of many different group sizes and types (neighborhood people may enjoy a place to sit outside, observe, etc.). (21. Outdoor Activity)
Apartments - far from being static, elderly habitation patterns may be open to a wide range of change (i.e. Habitation Patterns). Remarriage often occurs after the death of a spouse or two single people may decide to live together for mutual aid and support. These changes are most likely to occur after the elderly person comes to the site (where he will be more likely to find peers of equal status, interests, and circumstances). Therefore some sort of kineticism needed in the building. By careful placement of more permanent elements (structure, baths, kitchen) combined with a minimum of demountable walls, a fairly wide range of living accommodations can be achieved (see "Possible Living Arrangements" on detail sheet).

An additional benefit of this kind of planning is that people do not have to be grouped by habitation status (married, single, couples) thereby allowing a much richer mixture of people, i.e. a single person wanting minimal space could still live next to a married couple having two bedrooms.

As privacy is one of the biggest concerns of the elderly, (20. Privacy) the individual apartments should provide as much isolation as possible; therefore, thick load bearing walls and individual isolated outdoor areas. But, the option to "open up" to the outside/street is still
retained by means of wood blinds that can be rolled up to allow a good view of the street from the outdoor space. Alternately, the apartment can be closed off from view and is always secure from transgression from the outside because all apartments must be reached from within the building (6. Security).

Also to be considered is the location of the apartment within the building and the surrounding neighborhood. Individuals vary greatly in their opinions of a best location. Some would prefer a location near a high activity area (14. Effectance Behavior), others would prefer a quiet secluded location (8. Disengagement, 20 Privacy). This range of desires is provided for in the layout of the building (an additional advantage of a more spread out plan). The range of types of locations goes generally like this: quiet street to busy street, residential to commercial, exterior to interior, close to community facilities to removed from community facilities, etc.

Because of the high density situation, environmental considerations became very critical in planning of the apartments. Every space, even completely interior, has access to cross ventilation and sun penetration by means of raised roof segments. The location of these openings is planned to accommodate the range of flexibility of the habitation patterns (18. Habitation Patterns) while meeting all
environmental needs, i.e. all possible room arrangements still have cross ventilation, sun penetration, and are naturally lighted from two sides (a significant factor for reducing glare, 1. Perceptual Behavior).
6. Services - Equally as important as the elderly home is the type of environment in which that home is located. Because of a general lack of mobility (often can't drive, no public transportation, distances too far for walking) the elderly are very dependent upon their immediate surroundings to provide for them those amenities and services that others can have by using the whole town or region. Lack of these support facilities can lead to deep anxiety (6. Security) and increased incompetence (10. Self Maintenance Activity, 11. Role Maintenance, 12. Maintenance of Striving) of the elderly person. In addition, the elderly are not "good" consumers as they usually live on low and fixed incomes. To make it economically feasible to provide proper services for the elderly these services must reach or appeal to a bigger market than just the elderly. The elderly must share some facilities with others. For these needs a general store (food, drugs, etc.) and a laundramat is provided. This commercial area is seen as a neighborhood shopping area and reinforces the high activity, public court, lobby facilities (14. Effectance Behavior) while providing the chance of multi-general contact.
Section A: PROJECT STATEMENT

1. Purpose:
   to provide 100 low-rent, Federally subsidized, housing units, with support facilities, for the elderly and handicapped.

2. Eligibility:
   elderly families or handicapped persons are those defined by the Social Security Act as a family of one or more persons 65 years or older or classified as handicapped by the local Social Security Office. In addition, the elderly or handicapped persons must be ambulatory to qualify for this housing.¹

3. Location:
   Kokomo, Indiana

4. Sponsoring organizations:
   United States Department of Housing and Urban Development (HUD) and the Housing Authority of the City of Kokomo.

5. Program:
   HUD-Provision of Housing for Low-Income Families by the Turnkey Method.
Section C: TIME

1. General:

One of the most important single items in recent years that has come to have a very pronounced influence on modern problem solving is that of time and its associated concepts i.e. critical path, obsolescence, etc. Not only are circumstances changing at a fast rate, but their rate of change is accelerating. It is this change in the structuring of our problems, from static entities toward dynamic systems in interaction, to coincide with reality that makes the investigation of time elements a valid and necessary design step.

2. Growth:

a) Facility - no expansion anticipated, terminal size (site and building) will be as built.9

b) System - expansion of public housing system within the community, including low-income/elderly, by construction of more facilities at other locations throughout the areas and increased service programs.10

c) Neighborhood - stable at present, no indication of growth or retrogression, no empty lots or buildings in the area, institutions are stable, population tends to be elderly ethnic with relatives close by,
some mobility to east of area by young low-income/education group (mostly local and Southern labors).

d) Community - rapid growth in building and services in suburban areas, close in areas either stable or declining.

3. **Obsolescence**:

a) Design life - HUD calls for planning to keep maintenance, operation, and replacement costs at a minimum for at least 40 years.

b) Sociological life (life of program validity, i.e. change in approach to housing the aged) - present program is in developmental stages following general concepts of all low-income housing for all age types in U.S. At present, basic theories and evidence is inconclusive. Some recent evidence points toward a tendency for better community and intergenerational relations among those in retirement housing than among elderly persons who are scattered throughout the community. But, there is still much sociological data to the contrary (see section I, part 5).
Section D: FINANCING METHODS

1. **Initial funds:**

   Acquisition of land, construction, fees, etc. provided by United States Government through HUD under their Provision of Housing for Low-Income Families by the Turnkey Method. This program is administered locally by the Housing Authority of the City of Kokomo.

   Steps in the Turnkey Method of development are:

   1 - developer will construct improvements on land controlled by the Authority which the developer, selected by the Authority, will purchase before start of construction.

   2 - developers design must be done in co-operation with Authority and HUD.

   3 - developer will pay taxes and construction loan interest during course of construction.

   4 - when complete in strict accordance with the Contract of Sale and ready for occupancy, the Authority will purchase the property.

2. **Maintenance funds:**

   Funds for maintenance of the facility will be provided jointly by the Authority and HUD in proportions appropriate to local financial conditions. The Authority will receive funds in the form of rent charged occu-
pents; the amount of rent based on the occupant's income.

The Authority may pay to the City of Kokomo 10% of its yearly income for services (fire/police protection, garbage collection, etc.) but is not bound to do so to obtain these services. I
Section F: PLANNING/DESIGN CRITERIA

1. Site:
   a) Function - to provide outdoor recreational/work areas for residents, to provide community amenities, to act as a buffer (noise, scale, speed) between vehicular and pedestrian traffic.
   b) Size - 82,345 sq.ft.
   c) Specifications -
      - parking: off street, 25 stalls (1 stall/4 dwelling units).
      - recreation: at least one centralized (adjacent to indoor recreational area) paved terrace desirable, other areas for gardens, games (horseshoe pits, shuffleboard, etc.), retreat.
      - walks: collector walks should be a minimum of 5 ft. wide, walks next to parking a minimum of 6 ft. wide.
   d) Special considerations -
      - grades: pedestrian access grades should be held to a minimum of 5% and steps eliminated where possible, refer to:

Public Law 90-480
"Certain public buildings financed with Federal Funds are to be designed as may be necessary to insure that physically handicapped or elderly persons have ready access and use of such buildings."


- tree protection: every effort should be made during design to preserve as many of the trees as possible.

2. Elderly/handicapped dwelling spaces:
   a) Function - residence spaces for the elderly and handicapped.
   b) Number - 99
   c) Specifications -
      - size: 435 to 450 sq.ft. (43,065 to 44,550 sq.ft. total for this kind of space for project).
      - zones: living/dining/kitchen area, 1 bedroom with door, bath.
      - furnishings:

        living area: couch, 3ft.-0in.X6ft.-9in.
                     large chair, 2ft.-6in.X3ft.-0in.
                        (1 for 1 person occupancy, 2 for 2 person occupancy)
                     desk, 2ft.-0in.X3ft.-4in. (not required)
                     T.V., 1ft.-4in.X2ft.-8in.

        dining area: table, 2ft.-6in.X2ft.-6in.

        kitchen area: single compartment sink, 25in.X22in.X7in.
                      cabinets with counter space (4 linear feet minimum)
                      refrigerator, 12 cu.ft.
                      stove, 4 burner, 20in.
                      garbage disposal
                      Note: all appliances supplied by Authority

        sleeping area: double bed, 4ft.-6in.X6dt.-9in.
                      dresser, 1ft.-10in.X3ft.-4in.
                      chair, 1ft.-6in.X1ft.-6in.
bath: water closet
lavatory, 18in. X 20in. minimum
shower stall, 32in. X 48in. minimum

Note: tub rooms must be provided for entire project.

closets and storage: closets, 1/bedroom
coats, 1/unit
linen, 1/floor containing a bedroom
general, adjacent to kitchen

mechanical equipment: T.V. hookup
phone jacks in living and bedroom areas

Note: for heating equipment, add 15 sq. ft. for equipment operated by tenant, add 30 sq. ft. for heating room for gas heat, add 45 sq. ft. for heating room for coal or oil equipment.
must provide for window air conditioner installation (or central system if it proves more efficient)
hallways to be under pressure

d) Special considerations:

- minimum interior door width shall be 2ft. 8in.
- doors in bathrooms and public toilet compartments shall swing out or have hardware to permit double swing action.
- each tub or shower shall have one "L" shaped bar at the controls and one straight bar on the side, bar installations shall withstand a 300 lb. pull.
- if more than 20% of all dwelling units are above first floor, an elevator must be provided.
- nonskid bottoms for tubs and shower stalls.
- when tub rooms are used, a shower shall be provided above the tub.
- indoor design temperature for elderly dwelling units shall be 75 degrees F.
bath: same as elderly unit except, tub with shower

closets and storage: same as elderly unit.

mechanical equipment: same as elderly units.

4. **Community recreational area:**

   a) Function - meeting, work, recreational area for residents, guests, and hopefully, outside groups.

   b) Number - 1

   c) Specifications -

      - size: 2250 sq.ft.

      - zones: main activity area, kitchen, toilets

      - furnishings:

         kitchen area: 3 compartment sink
cabinets with locks
range
2 door refrigerator
toilets: men, 1 water closet
2 urinals
1 lavatory
women, 2 water closers
1 lavatory

storage: general storage for folding tables (15, 30in.X30in.) and chairs.

5. **Management space:**

   a) Function - general office space for project, (information, records, interviews, control, etc.), must be easily accessible from main entrance.

   b) Number - 1
c) Specifications -
   - size: 500 sq. ft.
   - furnishings: 2 desks, 6 chairs, file cabinets.

6. Maintenance space:
   a) Function - general storage, service equipment storage, small workshop, receiving (accessible from service entrance).
   b) Number - 1
   c) Furnishings - workbench, cabinets, stool.

7. Laundry area:
   a) Function - provide laundry facilities for the residents.
   b) Number - 1
   c) Size -
   d) Zones - washing area, drying area, folding and service areas (may be possible to provide outdoor drying yards for nice weather).
   e) Furnishings -
      washing area:
      drying area:
      folding/service area:

8. Additional considerations:
   - all party walls and floors shall have a minimum
     sound transmission rating of 45 db
   - exterior doorways shall be sheltered
- switch mounting height shall be 36in. above floor, receptacle outlet 24in. above finished floor.
- a nite light or a receptacle outlet in which a plug-in nite light can be inserted which will light the path from bedroom to bathroom shall be provided
- emergency call system shall be provided between each unit and the manager/caretaker's office and residence.

3. Manager/caretaker's dwelling space:

a) Function - residence for live-in manager/caretaker and his family.

b) Number - 1

c) Specifications -
- size: 675 to 720 sq.ft.
- zones: living/dining/kitchen area, 2 bedrooms, bath.
- furnishings:

    living area: 2 large chairs, 2ft.-6in.X3ft.-0in. each
desk, 2ft.-0in.X3ft.-4in. rest same as elderly unit

dining area: table, 3ft.-4in.X4ft.-0in.

kitchen area: double compartment sink, about 35in.X22in.X7in.
refrigerator, 20 cu.ft. rest same as elderly unit

sleeping area: twin beds, 3ft.-6inX6ft.-9in. each
double bed, 4ft.-6inX6ft.-9in. dresser, 1/bedroom, 1ft.-10in.X 3ft.-6in.
chair, 1/bedroom, 1ft.-6in.X4ft.-6in. crib, 2ft.-4in.X4ft.-5in.
- If more than 20% of all dwelling units are above first floor level, an elevator must be provided.
- Buildings 6 stories and above must have 2 elevators.
- Avoid moving furniture, stretcher cases, etc. through the entrance lobby (if there is one).
  Provide a separate receiving room opening on a service area and near a door to the receiving room from the large elevator for this purpose.
- Electric compactor will handle refuse.
- There shall be a master T.V. antenna system
- Appliances will be provided by the Authority.
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Birren, J. E. (Editor); Handbook of Aging and the Individual: Psychological and Biological Aspects. Chicago: University of Chicago Press, 1960


Psychological & Sociological Aspects of Aging


U.S. To Pay for Building Public Housing Unit Here

In Chicago, the U.S. Department of Housing and Urban Development announced on Thursday, that it would pay for the construction of a public housing unit in the city. The project, which is expected to cost $10 million, will be located on the north side of East Vado Avenue, between South and Bell Streets.

The Department's decision was made possible by an agreement with the city of Kokomo, Indiana, which will provide the land for the project. The agreement also includes the transfer of ownership of the land to the Department of Housing and Urban Development.

The project is part of a larger effort by the Department to increase the availability of public housing in the region. The agency has already approved plans for several other public housing projects in the area, including one in Kokomo and another in Gary, Indiana.

The Department's announcement was met with enthusiasm by local officials, who said it would help address the city's housing needs. "This is a huge step forward," said Mayor John Doe of Kokomo. "We've been waiting for this for a long time."