Carrollton Place
1500 Carrollton Avenue
Indianapolis

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Elderly Housing
Professor Paul Laseau
Acknowledgements

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Abstract

Carrollton Place is a 187,770 square foot elderly housing project located in a highly populated area of Indianapolis, Indiana. The project is designed to provide care for 228 people that are physically unable to carry on a totally independent life but still desire to remain integrated in a neighborhood. Integrating the facility into the existing fabric was the main object of the thesis.

The book is arranged so that an overall glance reveals the basics of the design criteria before an in-depth look is given to how the design progressed. Copies of the final thesis drawings then appear followed by and attempt to draw some conclusions. The appendix includes detailed information concerning the program, site analysis and building type study.
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Forward

"Gerontologists and practitioners who work with older persons are convinced that neighbors of different ages develop viable social relations and mutual support. They also believe that such friendship sustains older persons morale, youthfulness and independence. Therefore, they conclude that residential propinquity of the generations should maximize the social integration of the aged.

Social theory, however, would indicate just the opposite. Informal association develops around similar statuses of which age is one extremely powerful factor. Consequently, social structure reinforces age-grading, erects barriers to intergenerational relations, and focuses friendship within age groups. Accordingly, residential proximity should not integrate the old and the young. Local friendships should develop much more within than between generations and old people are more likely to have friends their own age than younger ones". (source 1)

Examining the two main points of contrasting view used as weapons for and against concentrating older people in communal residences, it becomes apparent that a decision must be made to either commit ourselves to theorizing and dealing in the realm of the ideal, or being realistic in using the tools available to us as students of architecture to address issues within our realm of control.

The problems the idealists must deal with have deep social roots and are a consequence of a liberal, democratic society. Age-grading is a fact and unless the older generation become activists in the same vein as the blacks did, it will not be altered. Because of social code young people will continue to choose other young people as piers and middle aged people will choose people in their own age bracket to associate with. Consequently if the ideal approach is forced upon our existing society, the old will
be stranded, destined to live an isolated life in a sea of younger people.

Accepting the existing social condition and its unlikelihood of change, providing the aged with chances to interrelate with their peers in an environment with community aspects is a viable solution. The solution searched for in this thesis.

Generally there are four basic types of patients to be served in nursing homes:

1. Physically disabled: Patients having significant physical disabilities but with emotional and intellectual intactness and the ability to socialize in an open, unsupervised environment.

2. Mentally and physically disabled: Patients with severe physical disabilities with super-imposed substantial handicaps of organic brain disease, thus requiring total nursing care for physical disabilities and major supervision for social activities.

3. Custodial: Patients presenting moderate or no physical handicaps with either no or minimal emotional or social disabilities.

4. Mentally disabled: Patients having minimal to mild physical disabilities with major emotional and social disabilities, who therefore require minimal nursing care on a physical level but because of the advanced degree of organic brain disease these patients are totally disabled.
In order to continue with the conviction that nursing homes are rationalized as a tool to accommodate socialization within a peer group, it is necessary to have residents that are capable of meaningful contact. Therefore I am limiting the residents to the first and third categories. (Perhaps mixing these groups is the biggest problem in nursing homes today)

(Source 2)

Source 1, Social Integration of the Aged by Irving Resow

Specifically page 292-324

Source 2, Better Homes for the Aged, by Hopkinson and Blake
Goals

Designing a complex that can rationalize its existence is the overriding goal through the entire project. As described in the forward, this involves developing an environment capitalizing on chances for socialization. Out of this general goal, several other related goals were born:

* Develop an understanding of the role the elderly fulfill.
* Retain as many of the aspects and advantages of the housing the elderly are leaving.
* Create strong connections with outside activities to maintain the smorgasbord of social input associated with the younger generations.
* Develop a greater sensitivity to the way spaces are perceived.
* Minimize the elderly's dependence and encourage the maintenance of independence.
* Provide individual privacy.
* Improve the public image of the elderly.
Carrollton Place Development
Criteria
Program synopsis

The project is broken into five areas as listed below.

A more precise description of each space is in the appendix.

Administration

Administrator's office
Social services director
Business office
Reception and waiting
Support

250 sq.ft.
120
300
370

140

1180

Maintenance

Maintenance office
Support

120 sq.ft.

2510

2630

Community services

Activities director
Personal care suite
Physical therapy
Dieticians office
Dining area
Multi-purpose room
Craft shop
Greenhouse
Library
Chapel
Support

120 sq.ft.
200
300
80
1125
1125
540
180
380
1140

1300

6480

2.1.2
Comprehensive care

One-bed room intermediate care

4 @ 170 sq. ft. ea. 680 sq.ft.

Two-bed room intermediate care

16 @ 250 Sq. ft. ea. 400

One-bed room skilled care

4 @ 170 sq. ft. ea. 680

Two-bed room skilled care

9 @ 350 sq. ft. ea. 3150

Director of nurses office 120

Support 1160

9790

Residential care

one-bed room

42 @ 440 sq. ft. ea. 18480 sq. ft.

Two-bed room

9 @ 490 sq. ft. ea. 4410

Lounge 750

Support 970

24610

Domiciliary Housing

Efficiency apartment

45 @ 525 sq. ft. ea. 23625 sq. ft.

One-bed room apartment

45 @ 675 sq. ft. ea. 30375

Two-bed room apartment

10 @ 1125 sq. ft. ea. 11250

Lounge 200

Support 2940

68390

2.1.3
To calculate gross square footage from the net assignable areas listed above, building efficiency ratios were used from the Facility Programming Notebook by Sonny Palmer.

Net assignable square footage divided by the efficiency equals gross square footage. Gross square footage includes circulation, mechanical, unassigned storage, walls, partitions and structure.

Administration

\[
1180 \text{ sq. ft.}/55\% = 2145 \text{ sq. ft.}
\]

Maintenance

\[
2630 \text{ sq. ft.}/75\% = 3507
\]

Community services

\[
6480 \text{ sq. ft.}/60\% = 10800
\]

Comprehensive care

\[
9790 \text{ sq. ft.}/60\% = 16317
\]

Residential care

\[
24610 \text{ sq. ft.}/60\% = 41017
\]

Domiciliary housing

\[
68390 \text{ sq. ft.}/60\% = 113983
\]

Total gross area \(187769\) Sq. ft.
Programmed Space Relationships

Domiciliary Housing

Residential Care

Community

Comprehensive Care

Administration

Maintenance

Community Services
Building type analysis synopsis

The wide range of housing facilities analyzed depicts a futile attempt to find a reasonable solution in the setting this project is confined to. However, each project has some interesting points that should be remembered.

The C.A.B.S. nursing home integrates the service facilities it provides on the first floor with the street environment. This integration allows for valuable interaction between residents and the neighborhood.

The Victorian house analyzed, reveals the variety of spaces contained in a successful home. Privacy and places suitable for sitting are plentiful. The rooms also have an outward orientation onto verandas creating pleasant spaces ideal for socializing with a passing friend.

The Portals demonstrates the possibility of incorporating all the necessary transitions from street apartment in a very short distance.

Maple Knoll Village is perhaps the most successful building examined. The "street" concept allows for maximum interaction of residents while providing a clear organization. Special attention is taken to enhance possible gathering spaces formed by junctions and scale changes throughout the facility provide a very natural setting. The structural and elevation details are handled with a very competent architectural eye as well.
Site analysis synopsis

The 22 acre site is the entire block bounded by 16th street to the north, College Avenue to the west, the Interstates 65 and 70 to the south and a warehouse to the east. These hazards isolate the neighborhood as well as inflict unpleasant noises and smells on the perimeter.

Interior conditions are much more pleasant with many mature deciduous trees and some homes of fine character. Zoned D8 (housing renewal) except for a neighborhood commercial zone in the north west corner of the area is on the upswing as people take more interest in older homes.

The proposed project is within 1 1/2 miles of Monument Circle, allowing for immediate access to public facilities and entertainment centers such as Martin Luther King Park, Herron School of Art, The County Library, The War Memorial and the State Museum. Public transportation passes directly by the site and a proposed tramway will end within a quarter mile from the site.

Additional criteria is presented on the adjacent map.
Process
Community scale

Isolation of the site was the major concern at this scale. The highly travelled streets facing the two accessible sides stop any pedestrian from venturing from one "island" to the next.

Desiring to bridge these gaps, provide a pleasant pedestrian oriented atmosphere, and create an identifiable center for the neighborhood, the European based idea of offsetting a grid of mainly pedestrian and slow vehicular traffic from the highly traveled roads was incorporated. Each "neighborhood center" created by a crossing of this secondary pathway has a marker or identifier that provides the base for a neighborhood character to grow upon. Where the path crosses the major streets a neighborhood gateway is formed and public transportation stops can happen and a special effort will need to be made to provide timed lights to signal when crossing is safe.

At the crossing of the major streets a community center of activity is proposed. This area can provide small scale commercial items similar to the existing shops but incorporating the shops located along the major streets to provide a denser activity node.

Christopher Alexander's Pattern Language was brought out of storage at this point and it should be documented as being the source of influence most relevant until the late stages. His discussion of the "Identifiable Neighborhood" and "Neighborhood Boundary" was adopted as strong guidelines influencing this stage.
Neighborhood scale

Adopting the concept of forming a neighborhood instead of a "complex", placing the domiciliary housing in existing buildings and infill housing set the stage for a dense, active neighborhood. The main design elements now addressed pertain to the positive and negative aspects of concentrating the remainder of the facilities near the commercial node or neighborhood space. The location of the secondary vehicular/pedestrian street also came under scrutiny as the existing characteristics of the site were more closely surveyed.

Eventually a position of security was opted for so that the largest possible concentration of people could be at the neighborhood center. In addition, the vital services desired by the entire neighborhood would be centralized by having the support spaces near the neighborhood center. To allow for this centralization, the pathway cuts a new path through the site. This allows for a stronger connection with the adjoining neighborhoods while removing several homes in a deteriorating condition (see site analysis). Scheme 3 was selected for further development.
scheme 1
Building scale

The relationship between the neighborhood facilities and the secondary vehicular and pedestrian path was the point of major concern. Desiring to allow for activity to spill out on a small plaza from the small shops and not desiring to have the traffic threaten the pedestrian oriented atmosphere, the plan vacillated between an arrangement pulling back from the street and an arrangement fronting it. Late in the development, the idea of combining the shop plaza and the neighborhood green to form an active neighborhood plaza surfaced. The neighborhood marker became the focus of the plaza and the street was forced to work its way around, slowing it down and forcing the focus more to the plaza with the main view down each street still centered on the marker. Images of an arcade with several seating places in an atmosphere relating strongly to the neighborhood homes were foremost in my mind's eye even at this rough scale.
Schematic presentation
The requirements of the studio came to the foreground at this time and a hurried attempt was made to determine the form of the floor plans and elevation in order to make the most of my jury.

Strong influences at this time were a desire to not have north facing apartments and a concern for the activity level of the plaza. Alexander's Pattern Language was used extensively. Its humanistic and regionalistic design emphasis was directly on line with my images for the project.

The presentation consisted of several concept diagram boards not shown as well as the boards here. The goal was to introduce the project and point out many of the things I have pointed out so far in the text.

The critics accepted the community and neighborhood concepts but the building had problems in terms of isolation. Leaning too heavily upon exterior spaces and attempting to incorporate a "street" concept similar to Maple Knoll Village (see building type analysis) had created fatal dead ends.

It was recommended that I look at my building configuration again - that is my next step.
ELDERLY HOUSING

INDIANAPOLIS, INDIANA
THESIS: JERRY NOBLE

GOALS:
- Integrate complex with surrounding neighborhoods
- Provide neighborhood & community conference
- Provide security
- Use approaches from public to private in the natural & built environments
- Give light its special role
- Eliminate the "life just passing by" situation
- Be sensitive to as many social issues as possible

SITE ANALYSIS SUMMARY

PROGRAM:

ADMINISTRATION: 28544
MANAGEMENT: 3506
COMMUNITY SERVICES: 11039
COMPASSIVE CARE: 10245

RESIDENTIAL CARE

RECEIVES PERSONS OF ALL PHYSICAL CAPACITIES, ALL AGES, ALL GENDER, ETHNIC, RACIAL GROUPS, ALL MENTAL, ALL PHYSICAL, ALL COMMUNITY, ALL RELIGIOUS, ALL NATIONALITY GROUPS

DOWNSIZED HOUSING

INHABITED WITH ELDERLY AND ELDERLY PEOPLE, BUT 
WITH THE ENTLE OF INDEPENDENCE AND SECURITY.

Total Area Including Circ. & Mech. 156504
Community Concept

Progression of Spaces

Site Concept
Building scale development

Almost immediately a concept of interlocking two courtyard schemes developed. The main points of development were first an attitude for the relationship between the public shops and the more private apartments had to be developed; second, a relationship between the housing and some outdoor space needed studying.

The first steps proposed a separate entry for the residential housing with a more controlled "official" entry at the junction of the two courts. At this point the two courtyards would probably have been enclosed and an appropriate atmosphere developed within. This headed in the direction of separating the two types of housing which went against my goal of providing for maximum socializing, so the next step was to provide a common focus for each court.

Step 3 brings out the emerging of a new space. The "commons/greenhouse" came from a desire to provide a central space to replace the plaza's activity during the winter as well as supplying a place that could be recognized as a central gathering node. Step 4 brings the space within more reasonable square footage requirements and begins to add to the exterior character.
Building scale development

Developing the elevations and the roof geometry was the main concern of the next couple of weeks. Working totally in model form the final form emerged slowly. Grasped as organizing elements, skylight "chimneys" came about as a way to unite a complicated roof geometry and turn or stop roof planes.

The commons area didn't achieve its final form until the last days and is perhaps the area I am least pleased with. Rough sketches were made of the finalized model design and were constructed directly onto mylar with plastic lead, bypassing the usual "base" drawings and saving several days.

Because of the flexibility of the media, the 405 final drawings were converted directly into the final thesis proposal. Areas recommended to be developed further, as a result of the critique, were the form of the commons and areas in the facade.
Final design
Final presentation

The final presentation consists of a set of PMT's mounted on foam core, hung in the exhibit space at the College of Architecture and Planning, Ball State University.

Areas developed further included the commons and the elevations. The commons adopted a "pavilion" atmosphere, incorporating lounge, greenhouse and entertainment areas under one roof. The facades became arched brick with wood window framing and asphalt shingles.
Carrollton Place (Elderly Housing)
jerry noble thesis 1980