

Lifetime Homes

21st Century Living

Quality, flexibility and choice

Opportunities and Challenges.

- **What is a Lifetime Home?**

"...as it becomes the normal way to build in London, soon people will forget they were building homes that weren't suitable for a lifetime's use."

- *Ken Livingstone, EX Mayor of London.*

What makes a Lifetime Home is the incorporation of 16 design features that together create a flexible blue print for accessible and adaptable housing in any setting. The Lifetime Homes concept increases choice, independence and longevity of tenure, vital to individual and community well being.

• Opportunities and Challenges

Lifetime Homes provide residents with many advantages, giving private builders of new homes a marketing edge in relation to the second-hand stock with which they compete. Because Lifetime Homes are suitable for older people and for the vast majority of disabled people, as well as non-disabled people, they will have a wider market of potential buyers and residents, probably increasing their value and the ease with which they can be re-sold.

Demand for housing is high - being driven to a large extent by older people. Not only do we need to build more homes, but the right kind of homes too. That means 'lifetime homes' suited to families with pushchairs right through to older people in wheelchairs and flexible enough to meet whatever comes along in life, a teenager with a broken leg, a family member with a serious illness, or parents carrying heavy shopping and dealing with a pushchair.



The Lifetime Home Standards

Car Parking

1. Where car parking is adjacent to the home, it should be capable of enlargement to attain 3.3m width.

Access from Car Parking

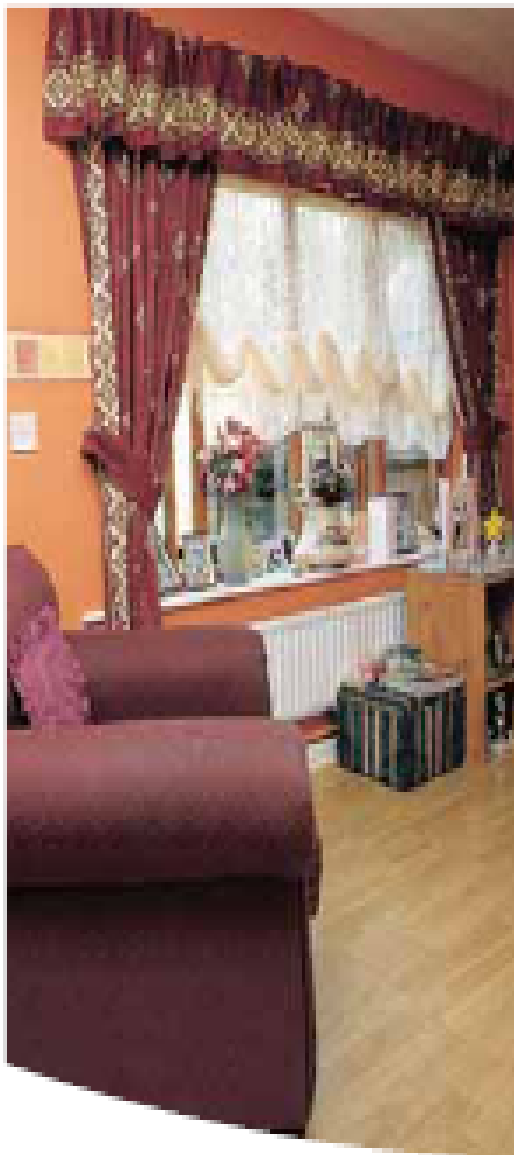
2. The distance from the car parking space to the home should be kept to a minimum and should be level or gently sloping.

Approach

3. The approach to all entrances should be level or gently sloping.

External Entrances

4. All entrances should be illuminated, have level access over the threshold and have a covered main entrance.



Communal Stairs

5. Communal stairs should provide easy access and, where homes are reached by a lift, it should be fully accessible.

Doorways & Hallways

6. The width of internal doorways and hallways should conform to Part M, except that when the approach is not head on and the hallway width is 900mm, the clear opening width should be 900mm rather than 800mm. There should be 300mm nib or wall space to the side of the leading edge of the doors on entrance level.

Wheelchair Accessibility

7. There should be space for turning a wheelchair in dining areas and living rooms and adequate circulation space for wheelchairs elsewhere.

Living Room

8. The living room should be at entrance level.



Two or more storey requirements

9. In houses of two or more storeys, there should be space on the entrance level that could be used as a convenient bed space.

WC

10. In houses with three bedrooms or more there should be a wheelchair accessible toilet at entrance level with drainage provision enabling a shower to be fitted in the future. In houses with two bedrooms the downstairs toilet should conform at least to Part M.

Bathroom & WC Walls

11. Walls in the bathroom and WC should be capable of taking adaptations such as handrails.

Lift Capability

12. The design should incorporate provision for a future stair lift and a suitably identified space for a through the floor lift from the ground floor to the first floor, for example to a bedroom next to the bathroom.

(10) Entrance Level WC & Shower Drainage

- **There should be:**

- a) A wheelchair accessible entrance level WC, with**

- b) Drainage provision enabling a shower to be fitted in the future.**

The drainage provision for a future shower should be provided in all dwellings.

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Main Bedroom

13. The design and specification should provide a reasonable route for a potential hoist from a main bedroom to the bathroom.

Bathroom Layout

14. The bathroom should be designed for ease of access to the bath, WC & wash basin.

Window Specification

15. Living room window glazing should begin no higher than 800mm from the floor level and windows should be easy to open/operate.

Fixtures & Fittings

16. Switches, sockets, ventilation and service controls should be at a height usable by all (i.e. between 450 and 1200mm from the floor).

Further reading



LIFETIME HOMES, LIFETIME NEIGHBOURHOODS A National Strategy for Housing in an Ageing Society



- **Further reading**



lifetime
homes

21st Century Living

Quality, flexibility and choice

www.lifetimehomes.org.uk

Further reading

Accessible London: achieving an inclusive environment Lifetime Homes



September 2006

- The very latest advice given however is this British Standards working draft Document.

DD266:2007

DRAFT FOR DEVELOPMENT

Design of accessible housing -

Lifetime home - Code of practice

- We will look just at the WC and Bathroom sections.

Doors to WCs and bathrooms

Doors to WCs and bathrooms should be capable of being opened outwards in an emergency if a person inside the room has fallen immediately behind the door and is unable to move.

- **Hot and cold water taps**

The operation of both monobloc and individual water taps should be easy to understand and suitable for people with limited hand dexterity.

Individual hot and cold taps should be operable with a quarter turn from off to full flow by using a closed fist, with the hot tap on the left and the cold tap on the right. The method of tap control should be consistent throughout the dwelling.

- **Provision of key accessible facilities**

The following key accessible facilities should be provided when a dwelling is first built, either on the entrance level (and accessible without steps) or reached by a wheelchair-accessible homelift or platform lift from the entrance level:

- An accessible WC and wash basin, either in an accessible WC cubicle or in an accessible bathroom.
- Space and drainage provision for a future floor-level shower, either in an accessible WC cubicle or in an accessible bathroom, or by an extension of an accessible WC cubicle into a storage space, or off a circulation space by adaptation of a storage space.

9.3 Provision for a future floor-level shower

Provision for a floor-level shower should include:

- a a space of at least 1 m x 1 m for the showering activity, incorporating floor drainage provision;
- b a floor construction that allows the simple and easy installation of a laid-to-fall floor surface. Where this is not possible, a laid-to-fall floor should be included at the outset;
- c access to hot and cold water supply to allow convenient future connection to a shower fitting.

•NOTE 1 *If in an accessible WC cubicle, the showering space may be either at the side of the WC or elsewhere in the room. If in an accessible or ease-of-access bathroom, **the showering space may be located either at the side of the WC or beneath a bath or step-up shower tray, in which case the shower will only be usable once the bath or step-up shower is removed.***

•NOTE 2 *The provision of a slip resistant, watertight surface finish across the whole floor of the room facilitates the future installation of a "wet room".*

•NOTE 3 *An alternative is to install a separate floor-level shower adjacent to an accessible WC cubicle at the outset, instead of making provision for future installation within the WC cubicle or bathroom.*

9.4.3 Ease-of-access bathroom

•An ease-of-access bathroom should be designed as an accessible bathroom, but with an ease-of-access WC rather than an accessible WC (see Figure 8).

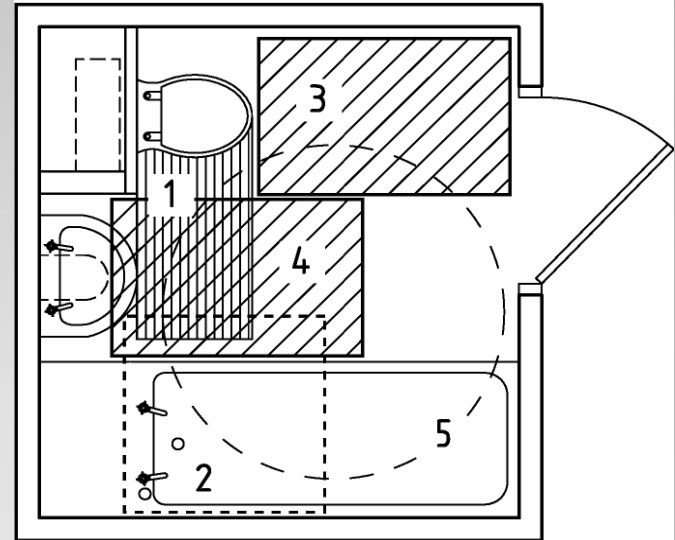
Figure 8 **Example of ease-of-access bathroom with door opening outwards**

- 1. Side transfer zone for depth of WC only
- 2. **Space for a future floor-level shower**
- 3. 1 100 mm x 700 mm frontal transfer zone
- 4. 1 100 mm x 700 mm wash basin access zone
- 5. 1 500 mm diameter turning space

Structural provision for grab rails, etc.

The walls adjacent to a WC pan, a bath and any future shower position in WCs or bathrooms, should be capable of supporting equipment such as grab rails (and associated imposed loads).

Provision for a hoist between a bedroom and bathroom



- How to create a bathroom which can be converted into a wet room

- Easily
- Inexpensively
- Quickly



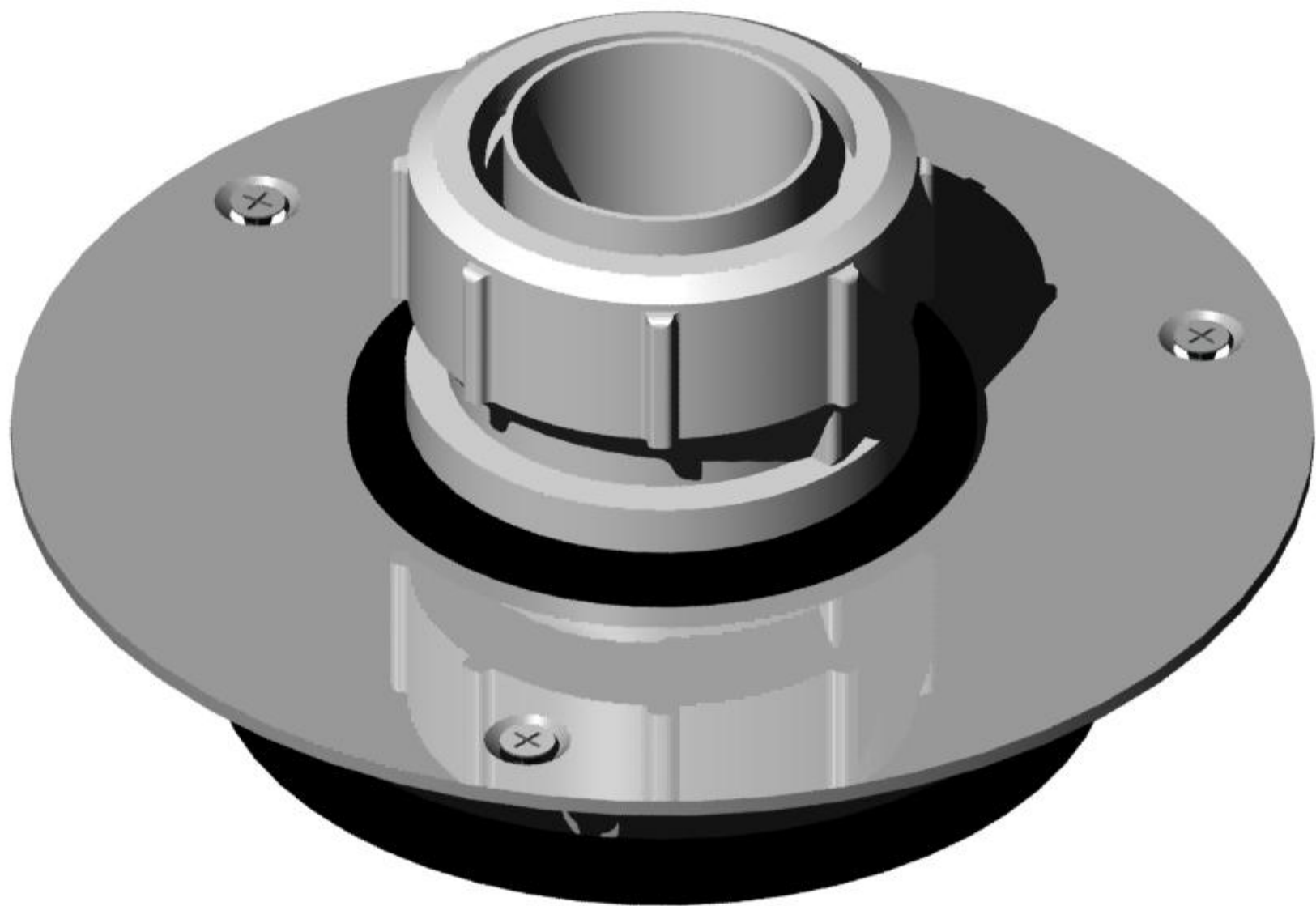
Tile down to floor

**Bath Shower Mixer with
removable spout**

Bath without tap holes



Bath removed to
expose wet floor





ACO Bath-to-Wetroom Adaptor Level Access Wetroom Drainage

Draft Document



ACO Bath-to-Wetroom Adaptor

Bath-to-Wetroom conversion

The new ACO Bath-to-Wetroom Adaptor is installed with a conventional bath to allow later conversion in to a wetroom.

The adaptor can be installed on to all ACO Shower Gullies for flexible flooring and connects easily to Ø40mm waste pipe.

Key features

- ▶ Quick & convenient wetroom conversion
- ▶ For vinyl sheet flooring applications
- ▶ Durable stainless steel construction
- ▶ Standard Ø40mm Multifit waste connection
- ▶ Watertight and airtight
- ▶ Re-installment to bathroom from wetroom facility easily accommodated



ACO building
drainage









Unless L7315	May 2009
C/S/R/B	(52/6)

Level Access Wetroom Drainage



Wetroom Intercept Channel

Drainage for Lifetime Homes

The new ACO Wetroom Intercept Channel is a comprehensive level access wetroom drainage solution. This unique and affordable design provides a versatile bathing area for Inclusive applications.

Inclusive design

The channel has been designed to meet the requirements of the 'lifetime home'. It is ideal for refurbishments, including bath to shower conversions. No increase in overall floor height or significant modifications to joists is required.

The installer simply creates a 1% fall to the channel from the corner of the shower room. The Intercept Channel's grating slot profile ensures all water enters the channel for trouble-free use.

Each high grade stainless steel grating is 'textured' via a proprietary process that improves slip resistance substantially for added safety.

This wetroom drainage solution is ideal for all the family including those with limited mobility.

Key features

- ▶ Minimal modification to joists
- ▶ No need to raise room floor height
- ▶ Ideal for wetrooms with vinyl sheet flooring
- ▶ Barefoot safe slip resistant gratings
- ▶ Aesthetically pleasing design
- ▶ Intercept grating design confines water to bathing area
- ▶ Hygienic design
- ▶ For timber or concrete floors
- ▶ Durable stainless steel construction
- ▶ Trapped outlet Ø40mm or Pumped outlet Ø22mm available
- ▶ High flow rate - 0.4l/s (Gravity waste)
- ▶ All parts easily removable for cleaning





Examples of thermostatic bath / shower mixers with removable spouts



And if you can't run the water away by gravity, pump it.

See Peristaltic Shower Waste Pump Movie