



Lifetime Communities

A dementia-friendly neighborhood for Bloomington

May 24, 2018

On May 24, 2018, over 100 residents of Bloomington, Indiana participated in the 2nd. Dementia-friendly conference for the community. The afternoon was taken up with roundtable design groups charged with the task of re-imagining the 24 acre site to be vacated with the re-location of the IU Health Bloomington Hospital to the campus of Indiana University.

(<https://youtu.be/5s8K7oMiOqA>)

Seven roundtables were organized and provided with facilitators, note takers and artists or “sketchers” who could help create visual renderings of future development of the site as a Lifetime Community District.

The new Comprehensive Plan for the City of Bloomington makes an explicit call for the use of the

Lifetime Community theme as a tool for redevelopment of this site and of the future Switchyard Park area.

The Comprehensive Plan defines a Lifetime Community as “a place that promotes social, physical, mental, and emotional well-being for persons of all abilities, across the entire lifespan. The Lifetime Community concept is part of the international effort to make cities more livable by emphasizing quality of life for people of all ages, abilities, and socio-economic backgrounds” (2018:96).

Moreover, the Plan discusses the scope of this focus area and the public processes which shall be used in its redevelopment. “The IU Health Bloomington Hospital is expected to vacate the original hospital site in or around 2020 or 2021. This change will present a redevelopment challenge and opportunity. The hospital site encompasses nearly an entire large city block, and with adjacent supportive professional offices and parking lots, the Focus Area encompasses a much larger expanse. Because of the challenges

and opportunities presented by this move, a detailed Focus Area plan will be developed in a process that includes a community charrette with an urban planner and other forms of deep public participation. Once the plan is completed, it shall serve as the primary planning policy document for redevelopment of this Focus Area. Until that time, land use policy shall defer to the underlying districts.

This report describes an important approach to creating a Lifetime Community District that is dementia-friendly, the first in the state of Indiana and a model for communities around the country.

With funding from the national organization, *Grantmakers in Aging*, and the *Bloomington Monroe-County Community Foundation*, a two year participation project involving scores of Bloomington citizens resulted in a document defining the core elements of a Lifetime Community. This one-page document has been used to advance the idea and served as a tool for discussion in the Dementia-friendly Conference at Sherwood Oaks.

Can Bloomington become a Lifetime Community?

BUILDS HEALTH & WELLNESS

- ✓ Affordable health & supportive services
- ✓ Access to fresh food, parks & exercise
- ✓ Meaningful inter-generational contact

ENABLES MOBILITY

- ✓ Diverse, affordable transportation options
- ✓ Complete Streets & Walkability
- ✓ Mixed Use Neighborhoods

PROMOTES CREATION OF HOME & SENSE OF PLACE

- ✓ Diverse, affordable housing options
- ✓ Universal design in home & community
- ✓ Neighborliness
- ✓ Citizenship

FOSTERS CREATIVE EXPRESSION & LIFELONG LEARNING

- ✓ Creativity
- ✓ Community Memory
- ✓ Beauty

“Community is the smallest unit of health.”
- Wendell Berry

A lifetime community is a place with a purpose. It promotes social, physical, mental and emotional wellbeing for all ages and abilities. People who dwell in a lifetime community exercise stewardship and have a sense they belong.

CITY OF BLOOMINGTON
Commission on Aging

Each roundtable was asked to address all four domains, with respect to issues of dementia for individuals, families, caregivers and neighbors. An aerial photo of the existing redevelopment site as well as adjacent portions of neighborhoods to the north (Prospect Hill) and

south (McDoel Gardens) was provided at each table, along with a GIS basemap and art materials.

The Dementia-friendly Movement

Bloomington is known as a community working on becoming friendly for **all** ages and abilities, not just the aging population. Now, Bloomington helps pave the way by incorporating a “dementia-friendly” lens into the work. This helps put Bloomington at the cutting edge of the age-friendly movement under the able leadership of the IU Health Bloomington Hospital Alzheimer’s Resource Service and a very capable team of volunteers and aging professionals. Nationally, and now internationally, communities are organizing within the Dementia Friendly America Network. With the assistance of a proclamation from Mayor John Hamilton, Bloomington is the first community in Indiana to work towards being dementia-friendly certified : (<http://www.alzresourceindiana.org/dementia-friendly-indiana/>).

A dementia-friendly community is a village, town, city or county that is informed, safe and respectful of individuals with the disease, their families and caregivers and provides supportive options that foster quality of life. Joining DFA means a community is engaging in a process to become more dementia-friendly

In a dementia-friendly community:

- **Businesses and Banking** support customers with dementia by accommodating cognitive impairment.
- **Law enforcement and first responders** recognize signs of dementia respond accordingly
- **Health care systems** promote early diagnosis and connect individuals with community services.
- **Faith communities** are welcoming and have specialized programs, services or accommodations.
- **Community members** learn how to interact sensitively and create networks of support.
- **Restaurants, grocery stores, and libraries** offer services and supports that foster access and independence
- **Employers** support employees who are caregivers through proactive personnel policies.
- **Residential care and community services** offer a range of services to maximize independence and support ongoing community engagement.

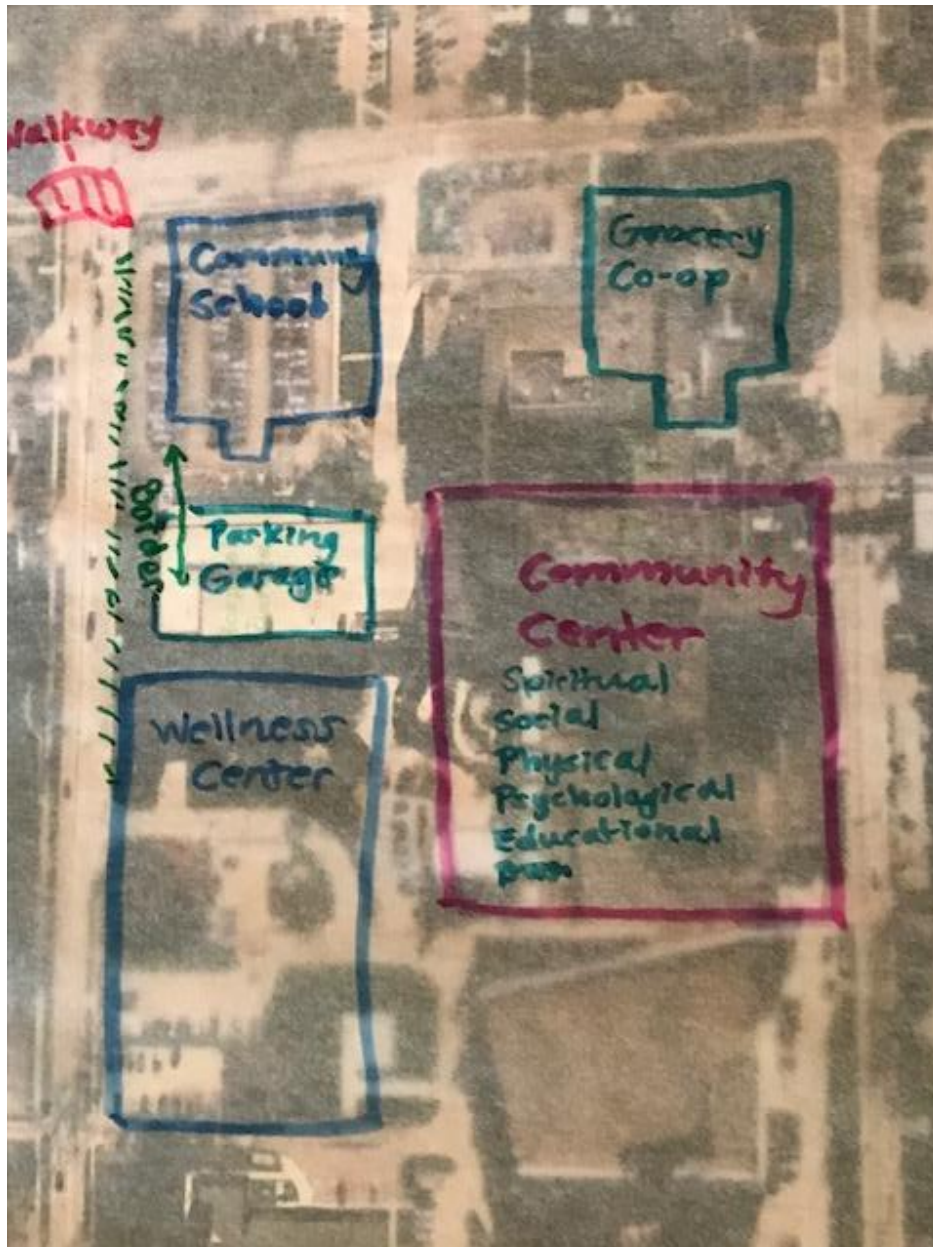
- **Local governments** plan and implement housing, transportation, public spaces, and emergency response that enable people with dementia and care partners to thrive.

Though the list is comprehensive, Dementia Friendly Bloomington has established working groups around several of these specific issues. It is this last feature that drew our local dementia friendly founders group to an exploration of the potential for the old hospital district to become dementia-friendly.

The design thinking that emerged from seven roundtables produced rich visual ideas for the redevelopment of the site and an extensive list of notes to help inform the community participation process going forward. This report will be circulated to city officials, committees and consultants charged with the progress of development.

Creating a Dementia-friendly Neighborhood in the old Hospital District

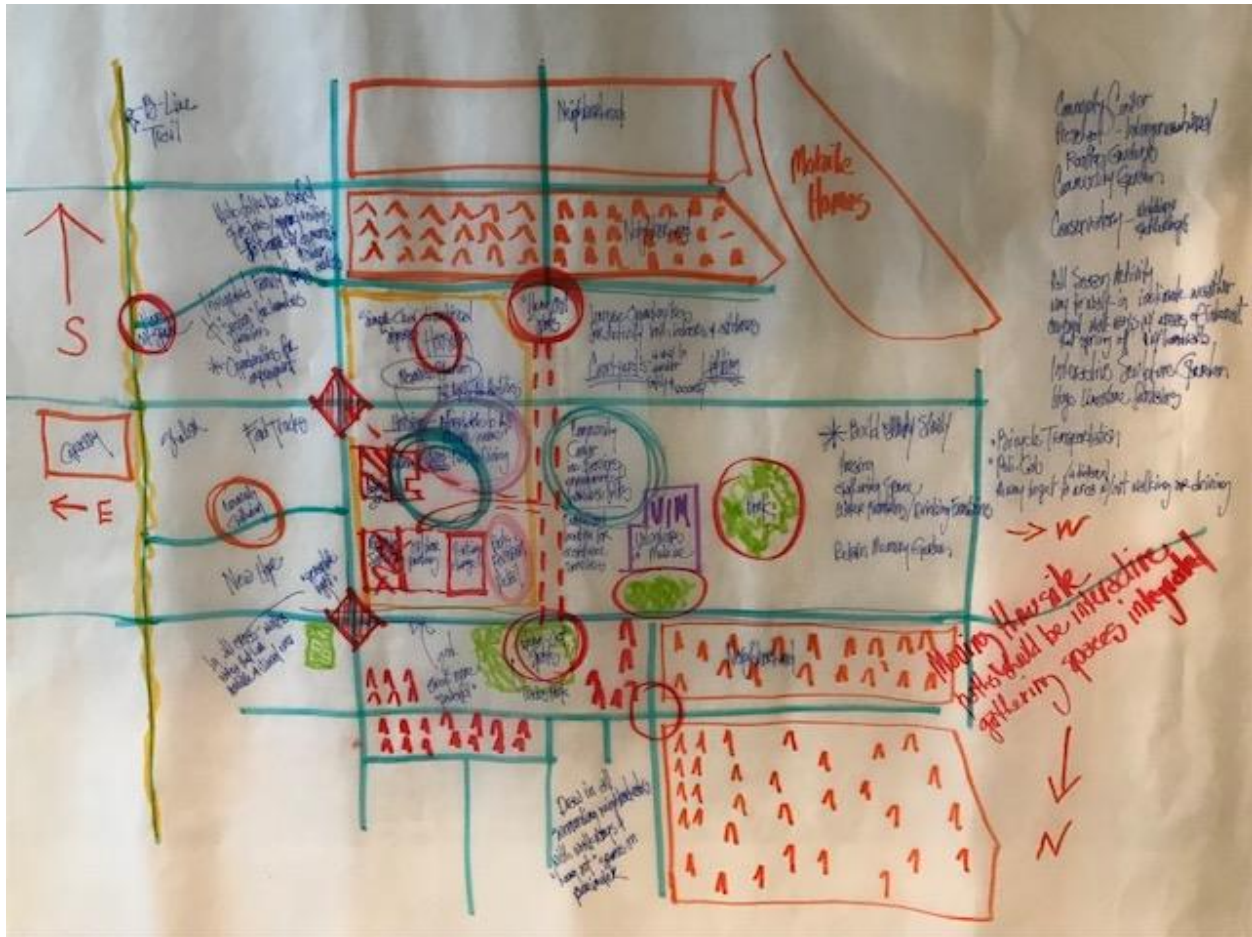
I.



This plan is mostly big-picture conceptual. It places a bridge over 2nd St. at the intersection of 2nd and Rogers. On the east side of the parking garage is located a community school, adjacent to a grocery co-op. It develops the main hospital building footprint into a major community center meeting spiritual,

social, physical, psychological, and educational needs. On the west side of the parking garage is developed a major wellness center and greenhouses occupy the west side of the property.

II.



This highly detailed plan makes use of a more traditional grid pattern for organizing people and the built environment, as opposed to a hub or circular model reflected in other plans. The lines in the grid include sidewalks and existing streets, with perhaps the closure of or taming of Morton between 1st and 2nd. The proposal makes references to the surrounding neighborhoods, including McDoel, Prospect Hill and the Maple Court mobile home park. It connects the surrounding neighborhoods to the development by putting “hang-out” zones on the perimeter and placing inviting pathways into and out of the neighborhoods. The block bordered by Morton, Rogers, 1st. and 2nd becomes a community gathering space with room for a new Shalom Center, food trucks and New Hope Housing re-build. 4 east/west sidewalks or paths connect to the B-line Trail, including a central path into the heart of the project, which offers all-income level housing, with rooftop dining, making use of the existing parking garage to fulfill the needs of the development and a bit of retail on the west side of the garage, along with a fountain facing inward. Additional housing is built on the current site of the Kohr building and the Bloomington Convalescent Center, with courtyard activity sites extending to the west along 1st. street. The site surrounding Hunter School is employed for a new community center (perhaps using or expanding the

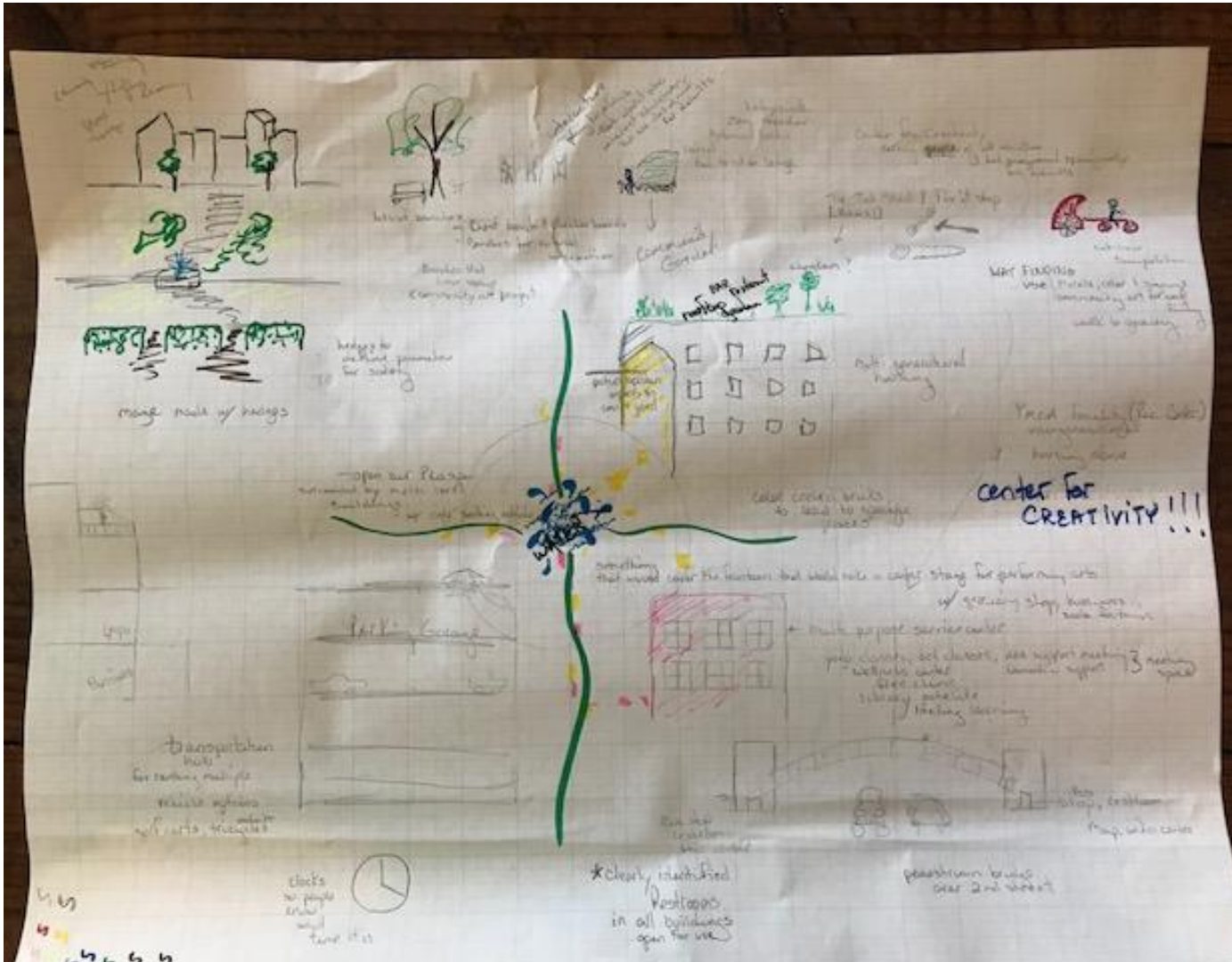
school) and the Volunteers in Medicine building is retained but connected visibly to an “upper park” project on space to the north and west. Other park and limestone water features are included in the center of the project, and a Memory Garden is suggested. All-season activity is to be supported by covered walkways. The community center shall include a conservatory, intergenerational rooftop garden with a pre-school, and available for other community events, weddings, etc. Transportation throughout the development will be designed to accommodate bicycles, walking, and a pedi-cab service.

III.



This conceptual plan emphasizes connections to be created through a traditional grid pattern, with easy ties to the B-line Trail. It includes a significant amount of new housing, including multi-story housing connected on the west side of the parking garage, overlooking the park to provide “eyes on the park.” The bulk of the property covering the existing hospital footprint from Rogers Street to Hunter School offers multiple housing types, single family and beyond. The B-line connection trailhead occurs at the very corner of the Krogers grocery. A memory garden and a community garden occupy the very center of the development, connected to Hunter School by a green path.

IV.



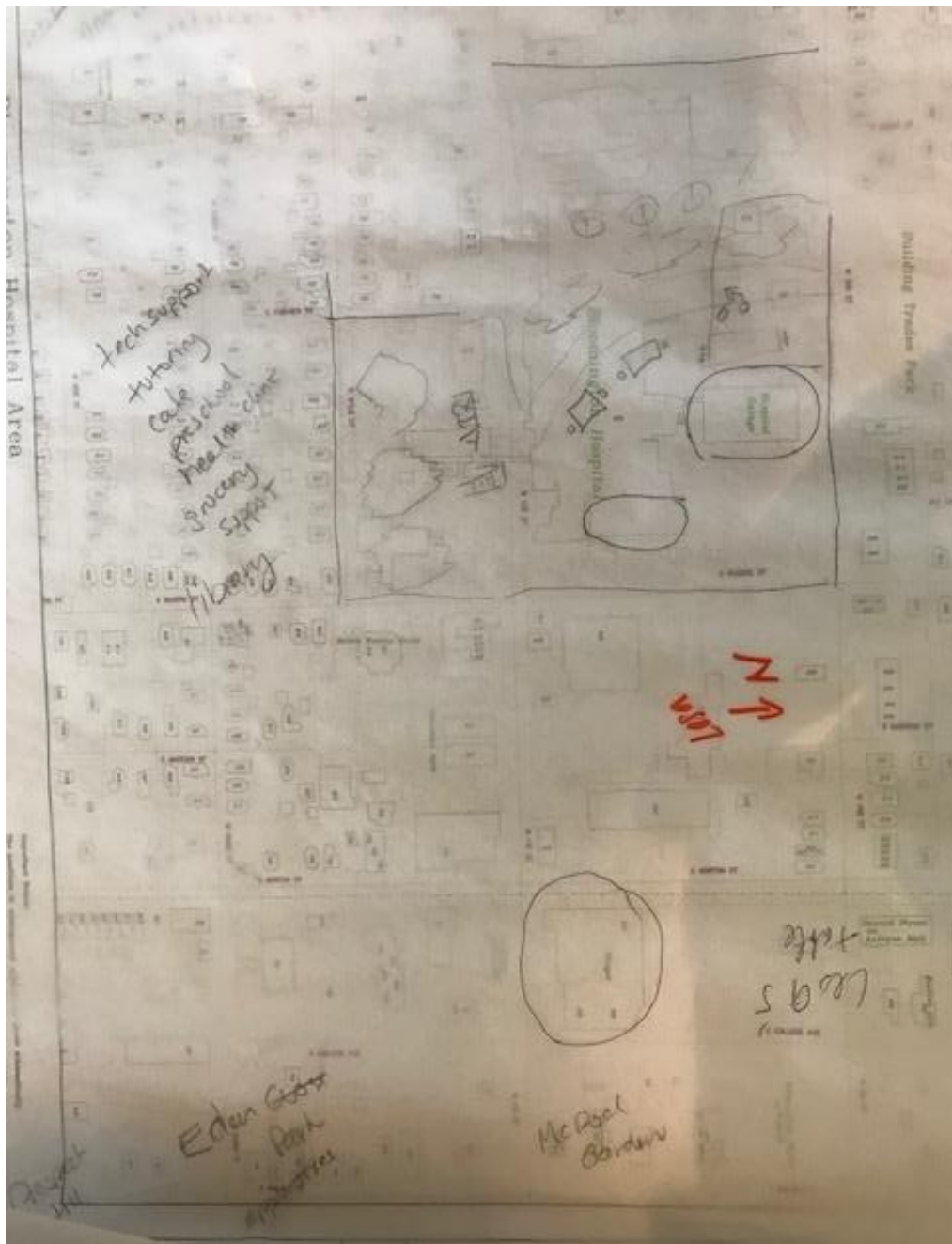
This development provides extensive housing opportunities, with an intergenerational Center for Creativity along the B-line trail, with intergenerational housing above, extending from 2nd to 1st. St. This multi-purpose service center includes classes, yoga, arts, wellness offerings, library, lifelong learning, and meeting space for various community support groups, from dementia to AA.

Color coded walkways lead to the center of the development, with an open air plaza, café seating with adjacent multi-level buildings surrounding a major water feature that can be covered to make a center stage for performing arts. Rooftop gardens sit on housing structures. Open space along 2nd street west of the parking garage includes raised gardens, with seating along the edges, labyrinth/zen gardens and interactive play spaces.

2nd street buildings develop for auxiliary shopping. The parking garage itself or the terminal ends of a bridge across 2nd. Street serve as stations for renting multiple transit vehicles such as golf carts, bicycles, etc. that can be used in the neighborhood. As a dementia-friendly neighborhood, color coding is used on

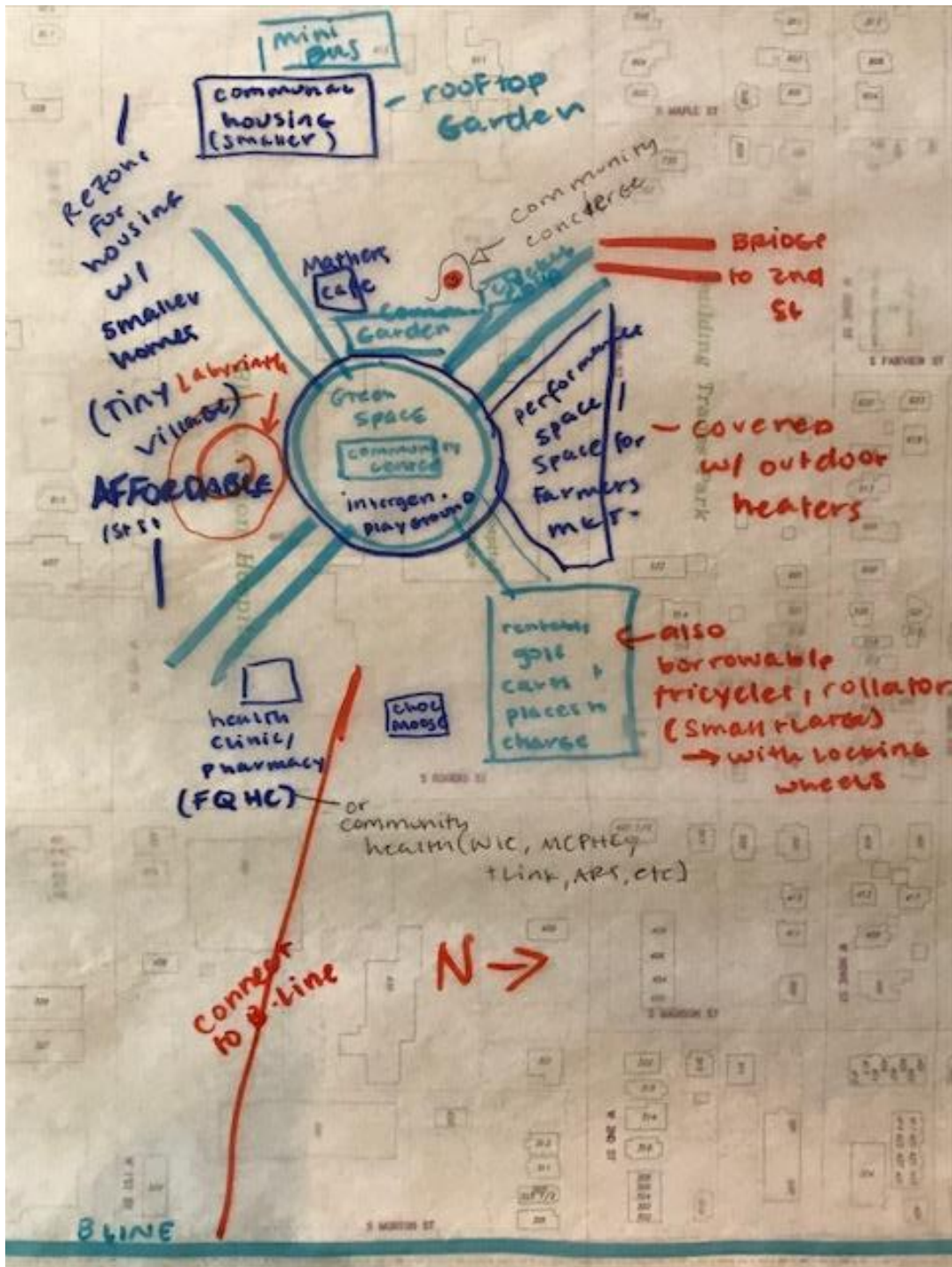
pathways and buildings, information kiosks provide support and there are numerous benches, planters, tables and umbrellas throughout. Local artists decorate planters, benches, and sculptures. Interactive features are incorporated into the local artwork. Benches include storage space for outdoor art projects.

V.



This plan features a park and playground within the southeast corner of the entire property, with water features and overlooking multi-family housing on the northeast quadrant and the balance of the property developed for single family and housing, all with connecting paths for pedestrians and cyclists. A community center is incorporated into the northeast quadrant, and includes tech support, tutoring, café, a preschool, library, health clinic and small grocery.

VI.

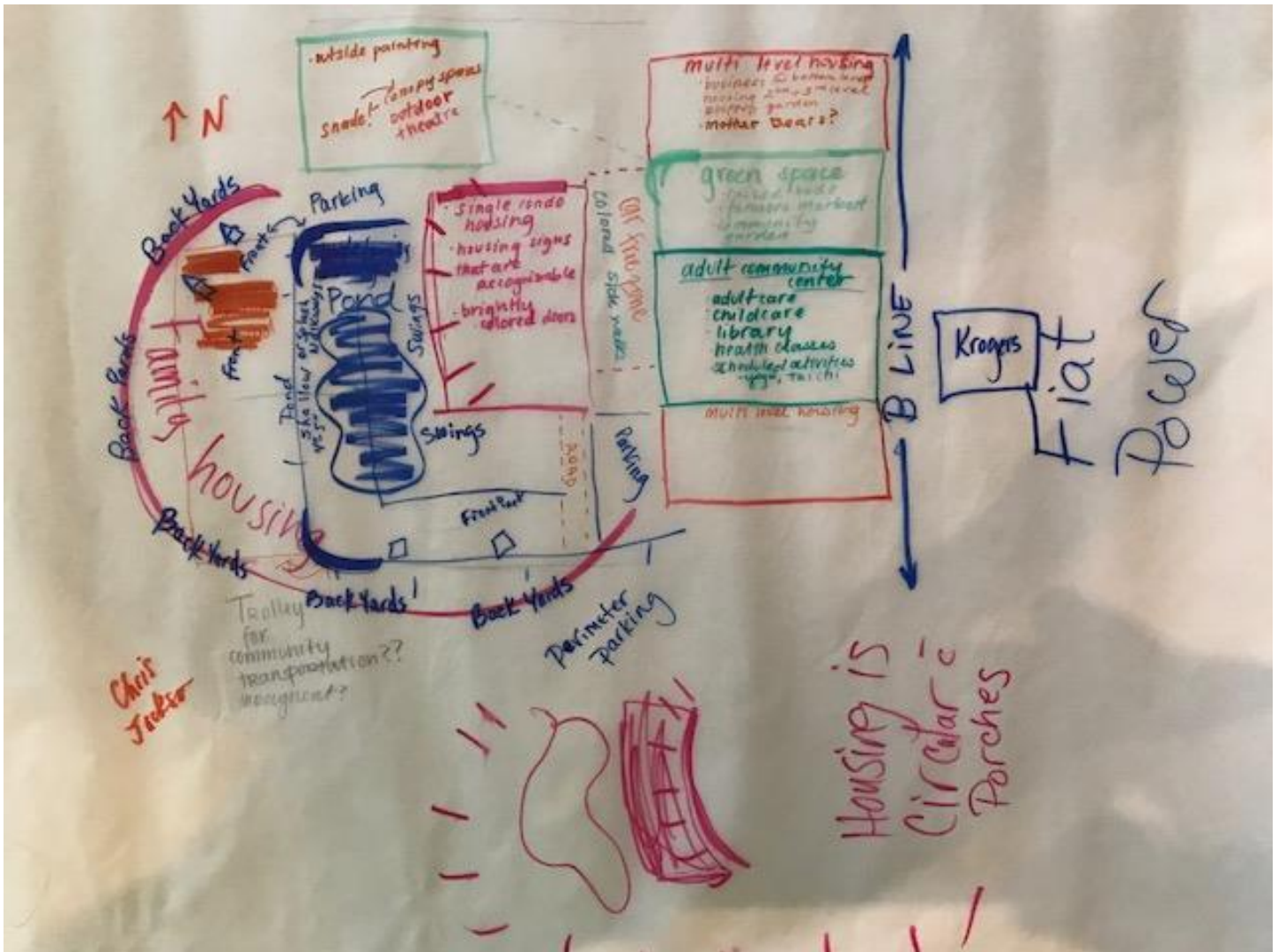


This plan envisions a hub-like development with a single-family pocket neighborhood, a tiny village, along 1st. street and communal housing along the top of the ridge on the west side of the property, with rooftop gardens overlooking the downtown. At the hub of the project, with sidewalks extending in four directions is a community center surrounded by green space and intergenerational play spaces. Just off the hub are

found a Mather's café (small eatery) and a small house for a community concierge, next to a bridge over 2nd street. On the north side of the hub is performance space and farmer's market, with adjoining outside space for theater. Adjacent to the hub there is a transportation options station with golf carts, rollators and tricycles for rent or borrowing.

A central east-west path connects the project to the B-line trail and on either side of the path are found a community clinic (Federally Qualified Health Clinic) and an ice cream shop.

VII.



This plan clusters multi-family housing, food retail and services against the B-line trail and Krogers. It develops the west side of the property for single family housing with backyards in a large enveloping circle overlooking a large, shallow pond in the center of the property, with splash features and swings. On the southeast corner of 2nd and Rogers, it provides single condo housing with brightly colored doors, also

overlooking the pond. It provides a colorful walkable crossing over Rogers with a car free zone at the southeast corner of 2nd and Rogers, with surface parking on the east side of Rogers to the current Centerstone property.

The car free, walking zone connects to the multi-use project along the B-line. 3 story housing with public use on the first level (including Mother Bear's ☺) occupies the north and south lots along the trail from 2nd. To 1st. street. The north lot borders green open space on its south end for raised bed gardening with a small farmers' market. Adjacent to the open space and just north of the south lot housing is a multi-age community center with day programming for adults and children, classes, library, etc. A trolley system connects the neighborhood(s) with outside transportation systems. On the north side of the project (perhaps in Building and Trades Park?), there is plein air painting, canopies for shade and an outdoor theater.

In addition to the visual renderings created by each roundtable, three tables produced extensive written notes of the discussions, resulting in a master list of singular ideas for making this neighborhood dementia-friendly.

Group One

Walking path

Extend existing green space

YMCA with housing above – SES diversity

Senior center not focused on physical activity

Multi-use facility connected to B-line

...circular in structure

Golf carts for transportation

Branch of main library

Community Garden

Accessible walkways connecting to B-line

Open air facilities – e.g. Amphitheater with shade sails

Memory garden

Walking bridge over 2nd St. to building and trades park

Interactive play area

Big signs, clearly marked for directions

Color coordinated paths
Water feature/playground
Apartment building with open balconies
Surrounding historic trail with markers
Hedges to create natural barriers to outside
Small general stores
Multi-generational housing
Lifelong learning
Adopt a flower pot, tree, road
Benches
Umbrellas
Child/senior artists, local
Giant etch-a-sketch
Dog park
Jewelry store

Group Two

Hilly areas – not steps but graded pathways with pavement or concrete
Benches
Low impact walking surfaces
Hang out space for people and food trucks
Mixed use central plaza
Water
Scramble lights at intersections allowing all to cross at same time
Convenience grocery
Multi-use community center
Mini-hangouts, as through connected backyards

Conservatory, greenhouse, community garden space

Built-in gaming spaces for chess, etc.

Covered, open-sided walkways with break out spaces and benches for interaction, play

Dually licensed adult and child day care (eg. Expand Better Day club to intergenerational)

History of limestone informs design and naming

Couple center that could double as a community shelter

Mixed-use affordable space, multi-story to some extent, to expand housing and retail options

Community roof gardens

Dedicated, appropriate space for Shalom

Community Center for:

- Winter shelter
- Various classes (parks and rec, etc.)
- Meal site
- (visiting) Space for various social services to use on a regular basis (not permanent office)

Hunter school rehabbed or rebuilt as a community center

Rooftop restaurants

Simple, clear directional signage

Parking behind street off Rogers

All housing options blended within building – upper priced, Crawford, middle and low income all together, with satellite community center uses (see “Delaney Street” model)

Find small spaces to increase activity, for dance, yoga, outdoor classes

Lighting for evening use

Don't overdesign the space but allow to evolve with the community as it develops

Water fountains

Public restrooms (comes with next tier of development)

Community accountability, where retail and service providers incorporate dementia-friendly training and compassionate service to homeless individuals

Multi-use water element

All restrooms are caregiver, kid and family friendly – at least one with a changing table/room for a disabled adult

Group Three

Call it Eden Park

Walkability and park/green space:

- Color coded blocks with lots of green, benches and statues
- Turn spaces inward so people walk out front door
- Walking and bike trails or underpasses up and over roads (e.g. 2nd St.)
- Upgrade and mirror parks across from Bloomington Hospital
- Natural parklike walkways through neighborhood with chess tables
- (features on) one level is important, with attention to color and height

Housing:

- Multi-generational to age in place
- Small 4-5 (resident) GreenHouse ® communities joined together
- Multi-use buildings to add eateries in neighborhood
- Include Kroger to deliver to a service-center in a multi-use building
- Community center that attracts multigenerational population with multi-gen programming

Health and Wellness:

- Community center includes a pop-up clinic
- Cafes in multi-use buildings
- Tutoring space for children in community center
- Tech support available at community center
- Ride sharing, bike sharing

Art and Creativity:

- Community center has art activities/movies/music/concerts
- Garden – both flowers and food in a community garden
- In center of neighborhood a park with interactive fountain
- Branch library in community center/livable spaces on top floor of community center

Report prepared by Philip B. Stafford, Ph.D., workshop facilitator

Dementia-Friendly Bloomington Founders' Group Chair: Amanda Mosier, Bloomington Hospital Alzheimer's Resource Service.