Introductions

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Introductions – Kathleen’s Role
53% of Seniors 65 and Older Use the Internet

7 out of 10 Seniors own a Cell Phone...

...about 1 out of 10 are a Smartphone
1 in 3 Online Seniors use Social Media

What does this mean to me?

Learning Objective #1

Be introduced to current and emerging technology trends impacting CCRC design.
Learning Objective #2

Learn the impact technology will have on the **campus infrastructure**, size, scope and design of senior living communities.

Learning Objective #3

Understand how technology can enhance the **sense of community**, safety, security and operating efficiencies.

Give you one thing that you can take home and apply…
An iPad Story

Riding the Wave of the Future: Incorporating Technology into Master Planning
Riding the Wave of the Future / Incorporating Technology into Master Planning
How do I get to the point where I can support the Internet/network connected future?

Some Terms to Remember…

**Network:** A series of computers (or other devices) connected via wires or wirelessly that send information back and forth.
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Some Terms to Remember…

Backbone
Some Terms to Remember…

**Backbone:** High capacity cables in a building that enable networks to send information back and forth.

**Wi-Fi** – A technology that uses radio frequencies to allow a network to send information back and forth.
Some Terms to Remember…

**Fiber Optic Cable** – Cable, most often found in the backbone, that has high capacity to send data.

**CAT6 or CAT5e Cable** – Cable, made of 8 different copper cables twisted together, that connect individual computers (or other devices).
Some Terms to Remember…

**Bandwidth**

Bandwidth – Is the rate of data transfer, measured in bits per second. In short it is the speed limit and # of lanes in a road.

**VoIP** – Voice Over Internet Protocol, is a way to package our voices to send them through an IP network or over the Internet.
Some Terms to Remember…

**Tablet**

A kind of mobile computer, usually having a touchscreen or pen-enabled interface.

Some Terms to Remember…

**Smartphone**
Some Terms to Remember…

**Smartphone** – A mobile (cellular) phone with more advanced computing capability and connectivity than basic phones.
Some Terms to Remember...

**Cloud-based** – Refers to technology that is used over the Internet.

**App** – Software designed to run on smartphones, tablets and other mobile devices.
How do I get to the point where I can support this wave?

Develop a Strong Foundation
Developing the Foundation

Understand the Standards...
Telecommunications Industry Association (TIA)
Developing the Foundation

Work with an RCDD

Services to the site

Bicsi
Developing the Foundation

Dedicate enough space

Approx. 200 ft.
Developing the Foundation

Provide a **fiber optic and CAT6 cable infrastructure**
Developing the Foundation

Provide an **engineered** Wi-Fi system

Developing the Foundation

Provide for **future growth** and cable changes
Design Considerations

Time Spent Indoors  Avg American – 90%

Time Spent Outdoors  Avg American – 10%
"The more high-tech we become, the more nature we need."

Richard Louv, author
“The Nature Principle"

“Do not build a building around technology because it moves way too fast; build flexibility into the complex.”

Joseph Coughlin, Director
MIT Age Lab

- Master Planning Considerations
  - Space Needs
  - Discreet
  - Convenience
  - Resident-Centered
Riding the Wave of the Future: Incorporating Technology into Master Planning

- **10 Years Ago**
- **5 Years Ago**
- **Today**
Riding the Wave of the Future: Incorporating Technology into Master Planning

Space Needs

Even Mobile Technology Must be Considered
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Design

Future Flexibility?

Technology as a means to . . .

✓ Entertain

✓ Educate
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Design

Technology as a means to...

- Entertain
- Educate
- Encourage
- Empower

Case Study

Rose Villa
Senior Living
Portland, OR
Project Challenges

Much Needed Master Planning for Major Renovations
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Project Challenges

All Physical Infrastructure Needed to be Updated

Project Challenges

Budget

Budget

Budget

Project Challenges

Physically Dense Site
Project Solutions

Communication.

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Master Planning Exercise Dedicated to IT

Establish Space for Network
Project Solutions

Work with Contractor to Overcome Difficult Cable Routing Issues

Project Solutions

Work with Contractor to keep within Budget
Riding the Wave of the Future
Incorporating Technology into Master Planning

Thank You!