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# Senior Housing - A New Emerging Typology in the Indian Context for Silver Years

## ABSTRACT

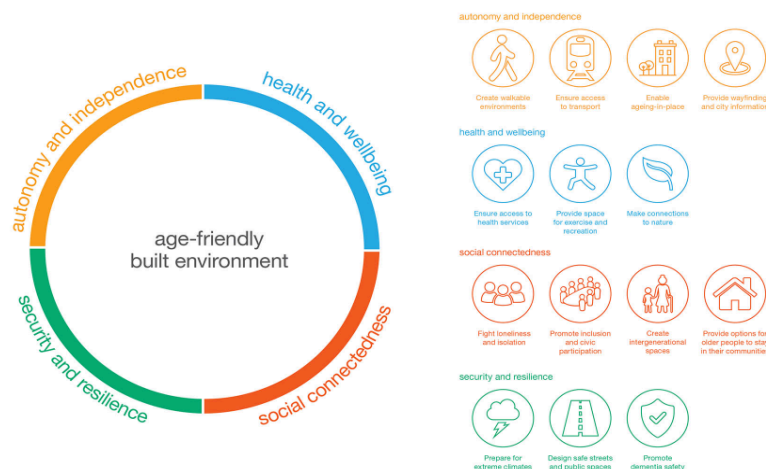
The Age-friendly Cities movement, proposed by the World Health Organization in 2007, has influenced cities worldwide and its impact is now reaching Indian cities. The parameters guided by the "Global Age-friendly Cities: A Guide by WHO" (2007) serve as a way forward for making Indian cities inclusive. Currently, the 60-plus population accounts for 8.6% of India's population, nearly 104 million people (Census 2011). In the Indian setting where taking care of the senior in the family has been a way of life due to the traditional joint family systems; the typology of housing has also supported the extendable intergenerational format. However, in the last few years, there is a rise in the nuclear family system especially in metro cities. The current Indian trend of senior living in metros is a builder-driven social reform at various locations including Bhiwadi in Delhi-NCR, Chennai, Bangalore, Pune, Amritsar etc. These retirement communities offer some relief to seniors and are homes where elders find their well-being and social group of a similar age along with the promise of comfort and security. The paper covers new emerging typologies in the Indian context as purpose-built housing for the senior population with the aim of "ageing in place". The Utsav, Ashiana housing in Bhiwadi, Haryana (NCR region) and Anantara senior housing in Dehradun, Uttarakhand, both are new projects introduced in the city for senior living with common amenities. However, these housings are places away from the neighbourhoods where they lived all their lives. The study will document and analyse the diverse needs of the senior population like everyday needs, medical, community, cultural and recreational. The empirical data for the research came from the study of the approach of the housing typology of these mid-rise condominiums covering various aspects of "ageing in place". These will include the overall design of the housing, facilities offered, social spaces, outdoor spaces, safety & security, health care facilities and places of daily needs. Both case studies are very successful examples and are replicating their similar ideology at other locations. The conclusion of the paper would reflect learning's from these examples of the new trends and shifts by the current generation of seniors on living an active, independent & fulfilled life in their silver years.

**Keywords:** Senior housing, senior population, age friendly neighbourhoods, ageing in place, senior living typology, age inclusive city.

## 1. Introduction

Housing is a universal requirement and an essential issue around the world. Senior housing which is a function specific housing for elderly is a new concept in India, which specially caters to one segment of the population.

Currently, the 60-plus population accounts for 8.6% of India's population, which is nearly 104 million, people (Census 2011)<sup>1</sup>. The Age-friendly Cities movement proposed by the WHO in 2007 supports the same cause and its influence has now reached India. The parameters guided by the "Global Age-friendly Cities: A Guide by WHO"(WHO 2007) <sup>2</sup> supports as a way forward for making all Indian cities inclusive. With a huge population of seniors in India there is a demand for housing for them post-retirement. Previously, individuals seeking a peaceful life post-retirement in India would relocate from metro cities to retirement destinations like Pune/Bangalore or to their native towns. Now, financially independent and educated older people are contributing to India's silver economy. The current trend of senior living in metros reflects a builder-driven social reform at various locations, including Bhiwadi in Delhi-NCR, Chennai, Bangalore, Pune, Amritsar and Coimbatore. (Dandona, 2022)<sup>3</sup>. This age-friendly model has gained popularity post-Covid due to the lack of care for senior citizens, and also the need for neighbourhood healthcare facilities.



**Fig. 1:** Global Age-friendly Cities: A Guide, (Source: *Global age-friendly cities: A guide*. Geneva, WHO 2007)

## 2. “Ageing in place” in the Indian context

The joint family system in India, where elders are considered the head of the family even after they stop earning, has been appreciated globally (Gopalakrishan, K. 2021)<sup>4</sup>. In the Indian setting, a traditional joint family system supported an extendable intergenerational format. This system is declining and the nuclear family system similar to the west is becoming prevalent in India, as children move to metro cities or abroad in search of better opportunities. In some cases, parents willingly move to their native towns in search of peace, away from big cities. In India, there is social stigma attached to elders living

<sup>1</sup> Census of India 2011, National Population Register & Socio Economic and Caste Census. India, 2011

<sup>2</sup> World Health Organization. (2007). *Global Age-Friendly Cities: A Guide*. Geneva: World Health Organization.

<sup>3</sup> Dandona, N. (2022). Silver economy in India: Way to a healthy city for seniors. ISOCARP. <https://doi.org/10.47472/B97Vzcg9>

<sup>4</sup> Karunanithi Gopalakrishan. 2021. "Changing Scenario of Family System in India: An Analysis Against the Backdrop of Changing Social Values." *International Journal of Social Sciences* 10(01): 51-62. DOI: 10.46852/2249-6637.01.2021.7

away from their children and people pity them (Mayer A, 2020)<sup>5</sup>. In the customary model of care for the senior, it was the joint family structure, together with the help of the family which dealt with the senior (Chaturvedi and Agrawal, 2020)<sup>6</sup>. It appears that certain cultural studies on ageing in South Asia continue to cling to the idealized picture of rural India, where the joint family was considered the ideal basic social structure, ignoring the caste-driven, hierarchical and patriarchal systems of the village. (Michaels A. 2020)<sup>7</sup>. The Indian families can fulfil the physical, spiritual and emotional needs of their members, initiate and maintain growth and provide support, security and encouragement (Chaddha R., Deb K. S., 2013)<sup>8</sup>. However, seniors now seek peace of mind and low-maintenance living arrangements where they can age comfortably. (Housing Research, 2022)<sup>9</sup>. Ageing is a natural phenomenon but takes on different connotations depending on the context (Mallick A. 2020)<sup>10</sup>. The nostalgic feeling that elderly individuals carry from their larger houses is a common notion. A broader view of "ageing-in-place" includes retirement communities or senior/assisted living, where older people can feel competent and enjoy their environment, despite functional disabilities (Iecovich, 2014)<sup>11</sup>. The WHO 2002 report advocates for active ageing, referring to the idea that older people should be able to continue participating in social, cultural, spiritual, economic and civic matters. But, familiarity with the wider community, in terms of people and places, provides a sense of security and warmth. (Wiles J.L. et al., 2011)<sup>12</sup>. According to the World report on Ageing & Health (2015)<sup>13</sup>, the right to adequate housing includes having a safe & secure house and community to live in peace and dignity. Therefore, senior housing is also considered a part of "ageing in place," not just the place where one has lived all their life. The excessive expenditure associated with "ageing in place" may sometimes substitute options to age in other locations. Senior living homes, also known as retirement homes, provide independent living for seniors seeking a dignified lifestyle after retirement. These homes are designed with the needs of elderly individuals in mind, providing age-specific amenities. This enables them to maintain active, healthy lifestyles with basic medical assistance after retirement. They differ from traditional old age homes primarily due to their age-friendly design, a feature often lacking in such facilities. In India, old age homes serve as a last resort for seniors lacking care from family or others. They are mostly run by NGO's or social enterprises catering only to needy seniors. The old age homes also have a gentrified setup now where their services and pay a monthly rent for your one room studio apartment.

### 3. Methodology

The goal of investigation of this exploratory research is to get insights into qualitative dimensions of senior housing through evaluation of the two cases of mid-rise condominiums, i.e. Anatara senior

<sup>5</sup> Mayer, A. (2020). Gateways of ageing: Middle-class senior citizens in the National Capital Region of Delhi. In C. Brosius & R. Mandoki (Eds.), *Caring for old age: Perspectives from South Asia*. Heidelberg: Heidelberg University Publishing

<sup>6</sup> Archana Chaturvedi, Dr. Anjali Agrawal, "Importance of Senior Housing Societies After Retirement and Its Development in India: A Review." *International Journal of Scientific & Technology Research* 9, no. 03 (March 2020) : 3879. ISSN 2277-8616.

<sup>7</sup> Michaels, A. (2020). The 'holy joint family' in South Asian ageing theories. In C. Brosius & R. Mandoki (Eds.), *Caring for old age: Perspectives from South Asia*

<sup>8</sup> Chadda, R., & Koushik, S. D. (2013). Indian family system, collectivistic society and psychotherapy. *Indian Journal of Psychiatry*

<sup>9</sup> "The Silver Economy: A Perspective on Senior Living in India." *Housing Research* (2022)

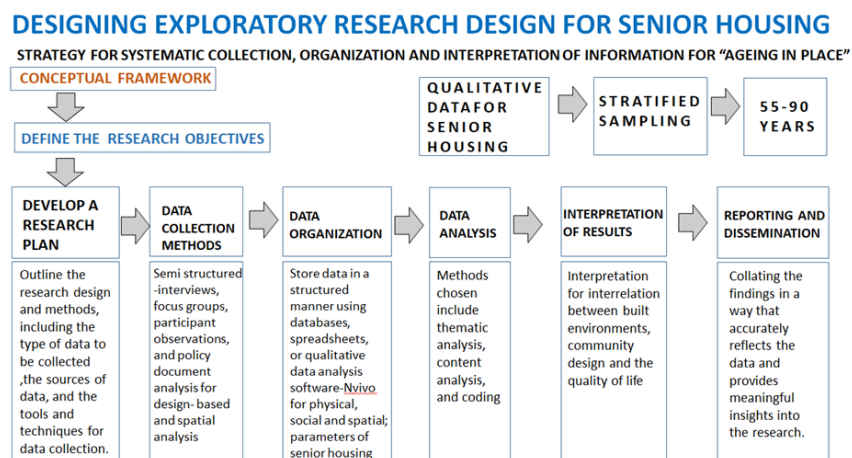
<sup>10</sup> Mallick, Annika. 2020. "Emergence of the Concept of 'Senior Living Communities' in India: Facts and Facets." *Exlibris Social Gerontology Journal* 18, no. 1: pg 39. <https://doi.org/10.24917/27199045.181.6>.

<sup>11</sup> Iecovich, Esther. "Aging in Place: From Theory to Practice." *Anthropological Notebooks* (2014) ISSN 1408-032X

<sup>12</sup> Janine L. Wiles, Annette Leibing, Nancy Guberman, Jeanne Reeve, Ruth E. S. Allen, "The Meaning of 'Aging in Place' to Older People." *The Gerontologist* 52, no. 3 (doi:10.1093/geront/gnr098)

<sup>13</sup> World Health Organization. "World Report on Ageing & Health. Geneva": World Health Organization, 2015

housing at Dehradun and Utsav senior housing at Bhiwadi. After doing a systematic review with SALSA method from the research paper and to investigate the works done till date to come up with appropriate parameters for the study of the senior housing. The research adopts a combination of qualitative methods to examine the physical, social and spatial parameters associated with the need for senior housing. The study explores housing typologies for older adults to understand how these support them socially & physically for “ageing in place”. The investigation integrates both design-based and spatial analysis which is guided by principles of inclusive and universal design and the standard guidelines relevant to elderly care for their wellbeing. The empirical data for the research consists of semi structured interviews, individual ones mostly paper-based, supplemented by google forms to collect reliable responses for the key issues. The interviews were focused on a clear set of issues, allowing for a quick and responsive approach to each issue covered in the study parameters. The study engaged a sample size of 20 residents for both the housing as per the living residents which were selected through a random sampling method. To supplement these approaches a passive, on-site observations & recording were also done, which included behaviour study and everyday routines of the residents in their regular settings. This included observing in depth the patterns and routines, as part of the focus group experience study. Then to document and map features relevant to various activities like recreation, sports and social spaces. As the data was predominantly qualitative in nature, after preparing excel sheets the analysis was conducted using Nvivo software, where systematic coding simplified the identification of patterns and assisted in the preparation of conclusions. Using techniques such as thematic analysis or grounded theory to interpret non-statistical data, recognizing themes & patterns. The analysis incorporates assessments of both neighbourhoods for built & open spaces to evaluate accessibility, usability and inclusivity based on the senior population needs covering dwelling unit design, cultural, medical, recreational, safety & security, community and everyday needs. And additionally a post occupancy survey to know the lived experience of the resident was also conducted. This methodology aims to generate insights into the interrelation between built environments, community design and the quality of life of the residents. The research explores hierarchy of spaces in the building and open public spaces relevant for seniors to live in the buildings & enjoy the outdoor activities. After assembling, summarising and recording the results for recommendations and guidelines for policy preparation and to map the social shift in seniors according to needs and trends.



**Fig. 2:** Systematic exploratory research design for senior housing study, (Source : Author)

#### 4 . Senior housing- A new typology as a purpose-built housing for seniors in India

There is an emerging need for the senior living sector in India. Format of senior living format in India are as follows:

- **Urban formats** of small-scale senior living occupy one to five acres within city limits, featuring a vertical layout for easy accessibility. This close proximity fosters social connection and security among residents.
- **Peri-urban** layouts, spanning five to ten acres, are situated on the outskirts of cities. These can include detached homes, apartments, or villas arranged horizontally or vertically.
- **Suburban layouts**, ranging from 10 to 50 acres or more, offer spacious areas and individual residences on the city's periphery. They provide all necessary amenities and medical services on-site, reducing the need for residents to travel outside. ( JLL 2015) <sup>14</sup>:

The case studies aim to cover emerging typologies in the Indian context as purpose-built housing for the senior population, with the goal of aging in place. These may be remote areas far from urban centres where seniors have spent their lives, yet these housing options maintain a sense of identity for them (Rowles, 1983)<sup>15</sup>. Several major attributes affect the choice & need of senior housing types in India, given its diverse groups of older people with varying needs and social backgrounds

**Table 1:** Parameters for selecting a senior housing in India: (Source : Author)

S. No	Parameters	Specifications
1	Location specific	Urban, peri-urban, suburban
2	Age groups	55-70: Active, 70-85: Some assistance, 85+ : Frail
3	Household typology	Condominium/apartment, individual villa, etc.
4	Housing contract/tenure	Freehold & lease hold
5	Rustic settings	Close to nature
6	Cost & quality,	Materials used/Maintenance covered by the housing
7	Spatial relationships	Intimate, personal, social & public
8	Social status & lifestyle	Income , education & occupation
9	Values	Family, prestige & cultural (personal belief)
10	Health & Wellness centre	Care home and ambulance facility in-house
11	Inclusive with universal design principals	Barrier-free, accessible & adaptable
12	Community needs & amenities	Clubhouse, sports activities, hobbies & community activities
13	Dining facilities	Dining areas for all meals
14	Open spaces	For recreation, walks and socialise
15	Safety & security	Technology use for safety/security.- assistance system

<sup>14</sup> Kumar Manish. and Gattani Pooja. "Senior Living Sector in India." Jones Lang LaSalle Incorporated 2015. 10

<sup>15</sup> Rowles, Graham. D. "Place and Personal Identity in Old Age: Observations from Appalachia." Journal of Environmental Psychology (1983)

## 5. Senior housing: An aspiration for India

After drawing from successful literature, the senior living in India is evaluated on the basis of the built environment through architectural and social spaces which these housing are promising. Senior housing in India must be envisaged as an environment that encourages accessibility, inclusivity and overall comfort and well-being of older citizens. The design approach must entail universal design principles, ensuring that the physical spaces can be used safely and with dignity by individuals with varying physical abilities. Accessibility to all essential services and community facilities are critical in enabling older adults to maintain autonomy and continue their everyday activities without asking for help. The legibility of spaces, achieved through intuitive way finding systems, clear visual links and familiar spatial configurations that allow residents to navigate confidently must be integrated. Familiarity and recognisability in the built form foster place attachment and a sense of homeliness, both of which are essential to support the concept of “ageing in place”. Beyond the physical environment, social connectedness, participation and a sense of belonging within the community contribute significantly to the psychological wellbeing of older adults, helping them feel valued and integrated within their neighbourhoods. Ensuring safety and security through thoughtful design and the strategic use of technology is equally vital, while addressing both physical safety and mental well-being through responsive support systems. Additionally, access to healthcare services, open spaces for recreation and spaces for physical activity and sports reinforces mental and physical wellbeing. Collectively, these dimensions reinforce independence, allowing seniors to live comfortably, confidently and meaningfully within their communities. Two recent developments in the city for elderly living with shared amenities are Ashiana Housing in Bhiwadi, Haryana (NCR region) and Anantara in Dehradun, Uttarakhand. While Utsav Ashiana Senior Living provides an inexpensive alternative for the middle class in the Delhi-NCR area, Anantara Senior Living, located in the foothills of the Terai region, caters to the elite of North India.

## 6. Antara Senior living – Medium rise senior housing

Location- Purukul village, Dehradun, Uttarakhand, India

Year of completion - 2017

Density- 196 units in 14 acre

Type of dwelling units & number of blocks – 2 BHK to 5 BHK units in eight blocks  
(BHK – bed room, hall and kitchen)

Height of the blocks- Ground plus five floors

Architect : Perkins Eastman, New York



**Fig 3:** Site Layout plan and building blocks of Antara Senior Living, Dehradun, (Source : Antara Senior living Brochure)

### **6.1. Architectural lens**

Antara's design philosophy - "Antara Dehradun has been designed to align itself with the physical, spiritual and emotional needs of its residents." Antara Dehradun is a holistic ecosystem that offers its residents the utmost quality of living & a lifestyle integrated with nature. (Antara 2008)<sup>16</sup>.

### **6.2. Neighbourhood scale**

The master plan of the project has been planned keeping in mind universal design principles so as to allow residents barrier-free access within the community. The layout of the housing is done in carefully orienting the blocks as per sun angles, views of the River Tons, Mussoorie hills, the lush Malsi forest and landscaped areas within the community. The structure of the layout is simple and legible for the elderly. The major circulation is through the Central spine which leads to each block but the focus is the club house. The landscape features a yoga pavilion, creative zones, terrace gardens, plazas, organic/herbal gardens, orchard walks, etc are planned in the housing. Sustainability is integral to the design, with rainwater harvesting, minimal grading changes and native planting. There is segregation of vehicular and pedestrian traffic to ensure safety. Existing trees are protected in master plan and layout development of the project (Antara 2009)<sup>17</sup>.

### **6.3. Building block design**

Each building block has a mixture of apartment sizes from 2BHK to 5BHK units, so as to promote social bonding. The ground floor lobby and the porch to the building are the areas where people interact with their neighbours moving in and out of the block. Therefore there is a seating and interaction area is planned in each housing. The corridors on upper floors also act as shared areas. The height of the blocks is midrise to make it a walk up feel for the residents. Each block has a compact plan with doubly loaded corridors.

### **6.4. The dwelling unit design**

Residents can benefit from open area planned in the units, thanks to large patios and balconies. Every apartment is designed to provide occupants with the maximum amount of privacy possible while maximizing views of the mountains, river or valley. Apartments on the ground floor are provided with private garden spaces and sun decks. The neighbourhood's network of connected basements makes it simple for residents to move around in any weather. The weather there turns balconies or porticos into summer retreats in the evenings, while drying clothes and enjoying the warmth embrace the winter sun to warm up on the balcony. Apartments have access control with smart cards for safety and security. Two lifts per residence block have been provided for any emergency. The wooden railings in the lobby and corridors have been provided for the elderly. The apartments in the community have been thoughtfully designed to allow residents to live comfortably at every stage of life. When determining

<sup>16</sup> Antara senior living. Brochure - <https://www.antaraseniorecare.com/static/uploads/category/pdfca0cddf8391e5be98fd42a0060d925f8.pdf>

<sup>17</sup> ibid



apartment architectural requirements, such as wheelchair turning radius, etc. the Americans with Disabilities Act (ADA) is taken into consideration. There is use of continuous flooring to prevent tripping and falls at every level. Extra space is available near the entrance of each dwelling unit for the storage of mobility aids like wheelchairs and walkers. There is an emergency response system, fire & safety alarm, personal emergency alarm and safety verification for those going out of the campus.



**Fig 4:** Dining hall, bar, reading room among some of the amenities at Antara Senior living, (Source : Author)

### **6.5. Shared Amenities**

The facilities offered for the senior population in the condominium are mainly: the temple, multipurpose hall, library cum reading room and private dining room, the lobby cum lounge at the club to socialise like a movie theatre, card room and bar for parties. Most essential are the common dining area and other common facilities like laundry & ironing service, which are new to the Indian context as these facilities were offered by hostels and never by housing.. The street front for each block has a driving facility & pedestrian path connected to each block. The need for retired & also working professionals in the housing are dealt with by the reading room cum library where a lot of residents do their work on the computers provided. The Dwelling units are efficient in its functional design, legibility & adaptability. Some residents did dismantle a few walls to make their living rooms or study larger.

### **6.7. Care continuum**

There is a dedicated health and fitness trail carved out in the landscape. The activity zones include badminton cum tennis court, outdoor gyms and putting green area. For health benefits and sports there is provision of a gym, courts, indoor swimming pool and salon. The primary medical care facilities are in-house like dentist, doctor for physiotherapy and therapy treatments are accommodated in the campus. The other medical facilities are taken care by Max hospital which is in the vicinity and is a partner in the venture. There is a round the clock ambulance service available. The multipurpose hall is used for yoga in the morning. There are benches and pause points at every corner in the campus to rest & socialise. But some residents who shifted here because of health reasons have significantly felt the difference in no time.

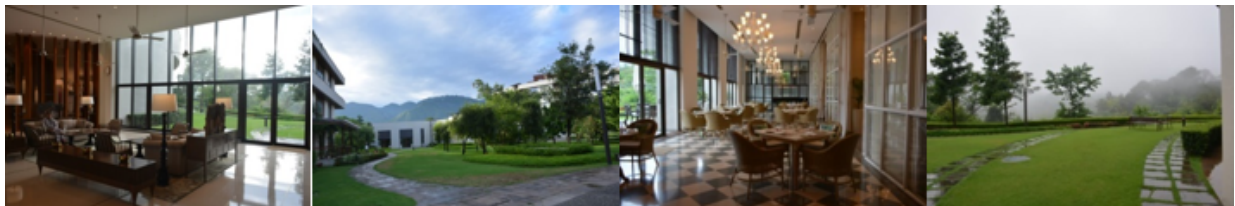




**Fig 5:** Health care at Antara Senior Living, Dehradun, (Source :*Antara Senior living Brochure*)

## 6.8. Social Life

The social spaces as outdoor spaces are enjoyed by the residents especially for walking. There is no interference with vehicles as all parking is in the basement. The everyday needs are dealt with by a grocery store and fresh vegetables supplied every day to the residents. The well-being being a major concern after Covid and none of the residents got infected inside the housing because of the security and care taken by the staff. The seniors can participate & get involved in activities and daily functioning at Antara at the club which help them have an active social life inside the housing and also create their own community where they live.



**Fig 6:** View of the lobby and dining hall at the Club at Antara & outdoor walking trails, (Source : *Author*)

## 6.9. Discussion

Antara is a gated and gentrified senior housing community that fosters a strong sense of community among its residents. The hierarchy of spaces and design development ensures a coherent relationship and seamless flow of spaces throughout the housing. The project successfully nurtures a sense of security and community among residents, with cohesive visual links connecting all blocks to the main spine and the surrounding neighbourhood. The landscape surrounding each block and the main hillock behind the club is inviting and well-designed, with slopes, plantation and landscape features suitable to the terrain. Internal facilities and open spaces are centrally located and well-connected, facilitating interaction among residents. Seniors primarily engage in activities at the club, given its proximity to dining and other activity rooms. The precinct provides a sheltered environment with covered corridors and walkways, considering the rain received by the Doon valley. Individual apartments are self-sufficient, with facilities within walking distance. Diversity is not seen as it is a segment of higher income seniors who can afford this housing are welcomed here. Events are open to outsiders if they have taken membership of the club, which is not much liked by the residents as shared in interviews. Polarization between the city outside and the world created inside can be seen. Intergenerational interaction is limited as the housing is meant for seniors above fifty five years of age. Guests, children

and grandchildren are welcome but cannot stay for extended durations. Residents express confidence in the safety of the community with some like Mr. Anand and his wife from Delhi who visits Antara regularly to spend time with friends at Antara but this is not their permanent home. But for the ones who have made it their home are enjoying a safe, comfortable home with their friends at Antara.

## 7. Utsav Senior Living, Medium rise senior housing

Location- Bhiwadi, Haryana, India

Year of completion - 2008.

Density- 640 units in 15 acre

Type of DU's - 1BHK to 4 BHK in 14 Blocks

Height - Ground plus four floors



**Fig 7:** View of Utsav Senior Living & layout plan ( *Source : Author, Brochure Utsav Ashiana Senior living*)

### 7.1. Architectural lens

Design philosophy of Utsav senior living follows the four pillar of ageing namely, Social, financial, spiritual, emotional & physical wellbeing as basis of the way of life behind the development of this senior housing<sup>18</sup>. Utsav senior living represents a paradigm shift in the way we perceive retirement living in India.

### 7.2. Neighbourhood scale

The master plan has been designed keeping in mind the shape of the plot. The blocks have been placed strategically on the periphery so that every block has a view of the central green which is easy to navigate. The layout of the housing is done in a carefully oriented way to take into consideration the sun angles and summer & winter needs of north India's climate. The circulation is through the roads running next to the blocks throughout the housing. The parking is on the road next to the blocks and there is no provision of basement or stilt parking.

<sup>18</sup> *Ashiana Senior Living. Brochure ,*

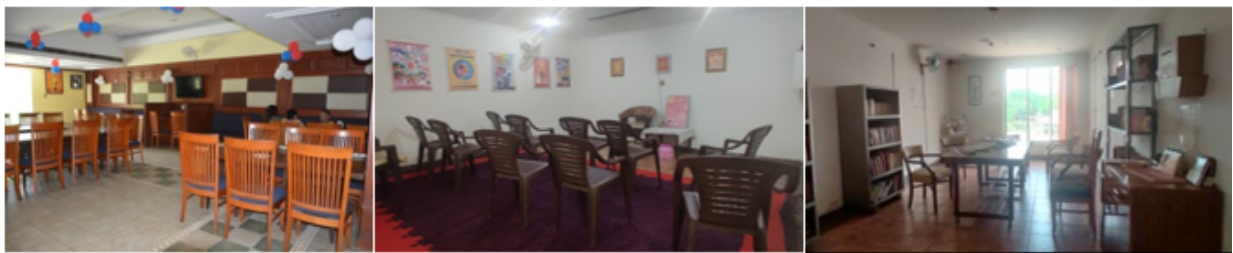
<https://www.ashianahousing.com/comfort-homes-residential-properties-india/bhiwadi-delhi-ncr>

### 7.3. Building block design

The Project has a ground plus four floors with two lifts for each block. There is a well-designed landscaped 2.1 acre central park with seating arrangement and space for meditation & yoga. There are no formal lift lobbies on each floor thus saving maintenance cost. But the corridors are connected in some blocks with each other with seating areas for rest. Each block has a different type of apartment sizes so as to promote bonding. The ground floor and the porch to the building are the areas where people interact with their neighbours. The height of the blocks is midrise to make it look more human scale. Each block has a compact plan with doubly loaded corridors.

### 7.4. The dwelling unit design

Dwelling units have simple and functional design for immediate occupancy, enabling older adults to age in place without the need for further modifications. These apartments welcome natural light and have good ventilation. The complex has neatly constructed various types of apartments with sizes and from one bed room to four bed room typology. Every design element, including rails and ramps, has taken the needs of the elderly into consideration. Even though it's a middle income apartment, it does have all the necessities of elderly friendly design and architecture at every level.



**Fig 8:** Common dining, meditation hall & library at Utsav Ashiana senior living, (Source : Author)

### 7.5. Shared amenities

The club house at Utsav is the main attraction which has all the amenities offered by the housing from common dining to social activities. The Utsav team works round the clock to keep the residents engaged in exciting activities. The outdoor club facilities include a swimming pool, tennis & badminton courts, billiards arena and amphitheatre. A club house is an activity centre for social interactions and various hobby classes that are also organised in the activity rooms. Other facilities include library cum reading lounge, movie room, community hall, mediation room, TV room, Computer room, Card room cum board game lounge, gymnasium, grocery store & a temple for religious activities. The landscape features installed in the central park which has a gazebo and seating area in the central green, which are used on an everyday basis and throughout the day. There are open spaces as central green and pocket parks in each block too. Many residents also like gardening. The spacious residences are equipped with lush green landscapes to invite relaxation and contemplation. They follow the fundamental principles of universal design parameters all over the development.

### 7.6. Care continuum

The healthcare and medical support services is the backbone for Utsav senior housing for this reason has care home is a separate wing in the housing with ten rooms for care of seniors with medical facilities & attendants for individualized care. The care home component is open to outsiders who need care and need to live in the care home. As a part of the wellness initiatives trained doctors are available at the care home with an on-site ambulance facility for the comfort, safety and well-being of the residents. There is an emergency response system provided in each apartment for any emergency, but not in each room. The landscaped areas are used for outdoor activities like yoga, jogging and walking. Seniors also walk to the common dining hall every day.



**Fig 9:** View Care Home at Utsav, Ashiana Senior living Figure 5 (Source : Author)

### 7.7. Social Spaces

Diversity can be seen at Utsav senior housing as various individuals or couples, who have come from various places & backgrounds to enjoy their silver years who have built a community here. Particular attention has been given to the idea of enjoyable life for seniors in this complex. There's always something entertaining organized at Utsav housing like hobby clubs, leisure events, cultural events to wellness initiatives and educational seminars which are hosted at the community hall of the club house to provide a diverse culture here. This also becomes the meeting point for the community every day. The common dining hall is also located here with all other amenities & everyday grocery. Every aspect of social life is tailored to enhance the quality of life for its residents and the community which is formed here.



**Fig 10:** View of amphitheatre, outdoor spaces & club for socialising at Utsav, Ashiana Senior living, (Source : Author)

## 7.8. Discussion

Utsav is surrounded by peaceful surroundings & provides a satisfying lifestyle for elders in this housing. The sequence of spaces from entry to various blocks and then to the individual dwelling units is quite seamless as the blocks have been carefully placed along the periphery of the layout. The low height of the structure campus visually moderates the height & makes the development very home-like and not an alien tower project on the outskirts of the city. The choice of Utsav senior housing is a boon for the elderly who were looking for an affordable option close to Delhi NCR. Careful attention has been given to the fact that the housing is for middle class seniors and the maintenance of the estate shall not take a toll on the people who will be staying here, so low maintenance features were added. Material & finishes are permanent and not expensively chosen. The gated environment is a safe place for elderly. The landscape focus is on the central garden as the heart of the housing, but other associated pocket parks provide a respite to the residents for everyday activities. Even while children and friends are welcome to visit and stay, the accommodation exclusively accommodates an elder, which further restricts the opportunities for intergenerational interaction. The events organised at the club provide the seniors, opportunity for independence, association and enriching experience. The inclusive and universal design principles allow residents a barrier-free access within the community at neighbourhood level. Separation between the city outside and the world created inside is not much being away from the main city. The Utsav community comes out as a robust, social & interactive group of seniors, enjoying their silver years.

## 8. Conclusions

The learning's from both cases actually paves way forward for age-friendly neighbourhoods in Indian context. Reflecting the new trends of seniors where they have a choice now, to live in the new typology offered to them in a vibrant, carefree & satisfied environment in their silver years. Senior living communities are becoming more and more popular in India and also meeting the changing demands, after careful studying the aspirations & preferences of Indian elderly. These senior housing might look exclusively built for seniors but they do provide the care and health support which old age homes cannot provide to them. The best feature provided by these, which is a major issue with older citizens, is a community dining facility and open spaces. To arrange for groceries and cook at their age is a task, which is taken care by these common dining facilities. Moreover, to dine with their own community has an advantage to socialise on all meals. The post-survey observations emphasize that senior housing must move beyond functional adequacy to embrace a holistic and inclusive model that supports dignity & wellbeing for seniors. These senior housing offers respite to seniors and are places where they find their comfort zones, social group of similar age group, along with the assurance of security in a safe, gated environment. The choice of housing is not just the dwelling unit design but also incorporates features which are not tangible like independence, accessibility and familiarity in the precinct. Other attributes like way-finding and legibility are carefully designed as part of the layouts design; choice and quality of materials suitable for this age group are chosen as a household requirement. Similarly, incorporating Indian values & customs to the ethos is also a major characteristic for a cultural connects. Housing which is affordable and adaptable, in proximity & guarantee access is the need for seniors right now



(ARUP 2015)<sup>19</sup>. The intergenerational spaces offered by a generic housing are missing in senior housing and so do the loved ones of these seniors. Careful attention is given to fight loneliness and built a social connect between neighbours and the community at large. Neighbors are the most crucial factor in choosing a place to live away from family (T.Buffel 2012)<sup>20</sup>. These social connects help them built meaningful relationships in turn, which enables fostering positive mental health to enhance happiness of the seniors.

### **8.1. Time to adapt to the change and reframe the Indian policy frameworks for seniors**

The future of old age will, to a large degree will be determined by the extent to which living in cities is made to feel a natural part of growing old. Buffel (2012). The right to the city for the seniors needs to be secured with participation in cities for various purposes; seniors might feel they have been secluded in a singular use typology like a hostel dedicated for them. The city policies need to accommodate needs for seniors as a part of the city development plan. The drive to choose the place & type of housing for seniors, is paving a path for future discourse in senior housing in India. The learning from the new senior housing typology adopted by seniors in India has open a new paradigm shift from the conventional typology to a purpose built typology, which is a new innovation for Indian apartment typology. An age-inclusive city begins with master planning that integrates age-friendly zoning, ensuring older adults live close to essential services which they need every day. The neighbourhood plans should promote mixed-use areas, accessible public transport, socially cohesive communities and reliable neighbourhood networks with strong emergency-response systems. The housing interventions must provide flexible, adaptable layouts with co-habitation options and barrier-free design features such as step-free entries and wide doorways, supported by assistive technologies to maintain mobility and independence. All outdoor environments should strengthen place attachment through safe walk able paths, shaded green spaces and also sufficient pause areas with seating. The government initiatives can further enhance “ageing-in-place” through senior helplines, safety protocols, legal and financial literacy programs and opportunities for active seniors to contribute through mentoring, consulting and part-time roles in their regions.

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<sup>19</sup> Arup. 2015. *Shaping Ageing Cities*.

<sup>20</sup> Buffel, Tina, Phillipson, Chris, & Scharf, Thomas "Ageing in Urban Environments: Developing 'Age-Friendly' Cities." *Sociology: Critical Social Policy* (May 22, 2012).

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#### **Annexures:**

1. Analytical table for Antara Senior housing to evaluate “Ageing in place “ for Senior Residents perception of their neighborhood
2. Analytical table for Utsav, Ashiana Senior housing to evaluate “Ageing in place “ for Senior Residents perception of their neighborhood

Annexure 1: Analytical table for Antara Senior housing to evaluate “Ageing in place “ for Senior Residents perception of their neighborhood

ASPECTS		NEIGHBOURHOOD	PRECINCT	BUILDING	DWELLING UNIT
LOCATION & ACCESSIBILITY		Housing is closer to the main city & good connectivity with the main city.	Connected by ramps and pedestrian paths with all other blocks.	Buildings have advantage of hill view and climate plays a major role in the layout.	
HIERARCHY OF SPACES		Planning has been done with careful understanding of the site, its need and topography.	All blocks placed in a way to get view of the mountains, river or the valley.	Way finding is easy with signage and open layout.	
PLANNING & DESIGN		The clear layout makes the housing familiar and easy to navigate.	The central spine lead to all the housing blocks.	Doubly loaded corridors for ease of planning.	Simple layouts of all apartments. All building systems are incorporated.
WELLNESS & HEALTH CARE		All facilities - Walkways, parks, yoga facility, putting court, gym, spa & swimming pool.	On site health care services, regular check up & 24 hours ambulance available.	Medical facilities, fitness centre & in house care at the care home.	Access to health services plus open spaces for exercise and recreation.
ACTIVITIES, RECREATIONAL & SOCIAL CONNECT		All facilities at walking distance. Like hobby classes - music & pottery are a major attraction.	Senior focused club, pool table room, reading room, library, card room, temple, movie hall, dining hall & bar.	In house club for seniors offers activity all day long.	Corridors and lobby areas to meet the neighbours and to interact.
COMMUNITY NEEDS & PARTICIPATION		Antara works as a strong community of residents.	Participation of all resident in all activities can be seen - walking, pottery, music, yoga etc	Club and activity rooms keeps all the residents together.	Designing an accessible spaces for community to interact.
INDEPENDENCE - EVERY DAY NEEDS		The shuttle service inside and arrangement made to go outside to the main city too.	The grocery store, salon, dining hall for all meals & all major activities they can do on their own independently.	Everything available in-house plus-runners are available for residents to do their chores.	Stay in their own home safely & independently and still feel connected.
COMMON DINING		USP of the place as it is an advantage for occupants who live alone, bar and a restaurant is also there.	Dining is well connected and it is placed in the centre.	NA	NA
POST OCCUPANCY SURVEY		All resident are very satisfied - the club is open to outsiders which they found was not a good idea.	A feeling of belonging for the neighbourhood is there with the residents.	New technology incorporated - Panic buttons, smart equipments.	Gentrification is there but diversity is also seen, people from all over India.
SAFETY & SECURITY		Gated community with security staff, there is no entry to outsiders.	Each block is guarded with security guards.	Major advantage is safety with panic buttons.	Emergency response available in each apartment for quick response.
UNIVERSAL DESIGN		Followed everywhere at neighbourhood and DU level too.	Age-friendly features & Wheelchair enabled walkways	Wheelchair enabled, ramps everywhere & handrails provided.	Apartment with senior friendly features and lifts.

Annexure 2: Analytical table for Utsav, Ashiana Senior housing to evaluate “Ageing in place “ for Senior Residents perception of their neighborhood

ASPECTS		NEIGHBOURHOOD	PRECINCT	BUILDING	DWELLING UNIT
LOCATION & ACCESSIBILITY		Far away from the main city of Delhi NCR where most of the resident belong .	All blocks placed at the periphery to get a view of the central green.	Buildings with large openings according to the climate.	
HIERARCHY OF SPACES		Spaces have been segregated according to the need, bigger green to smaller greens etc.	Central open space as the heart of the housing.	Way finding is easy with signage and placing all units around the green.	Easy to navigate spaces
PLANNING & DESIGN		The layout makes the housing easy to navigate for the seniors.	The central green connects all the blocks.	Doubly loaded corridors for ease of planning.	Simple layouts of each floor
WELLNESS & HEALTH CARE		Open spaces for exercise 7 recreation- Walkways, parks, yoga facility, putting court, gym, spa and swimming pool	On site health care services, regular check up, ambulance 24 hours.	Medical facilities, fitness centre, in house care at the care home.	Care home and ambulance present
ACTIVITIES, RECREATIONAL & SOCIAL CONNECT		Cultural activities - movie shows, birthday parties, Diwali, Holi etc. All facilities at walking distance. Hobby classes for resident.	Senior focused club, library, card room, temple, movie hall, dining hall.	In house club for seniors offers activity all day long.	Corridors and lobby areas to meet the neighbours in the building.
COMMUNITY NEEDS & PARTICIPATION		Designing an accessible living space and pause points all around the housing.	Club cum community hall is a part of the everyday life because of all the facilities.	Club and activity rooms keeps all the residents together and form the place for community.	Designing an accessible living space for all residents apart from their apartment.
INDEPENDENCE - EVERY DAY NEEDS		Independence to go anywhere in the housing ,arrangement made to go outside.	The grocery store, dining hall for all meals & all major activities & hobby.	Everything available in-house, runners are available for residents to do their chores.	Stay in their own home safely with help at close level.
COMMON DINING		Dining - USP of the place as it is an advantage for occupants who live alone and do not need to cook all meals.	Choice of common dining is available in the senior housing.	NA	NA
POST OCCUPANCY SURVEY		All resident are very satisfied - the club is open to outsiders which they found was not a good idea.	A feeling of belonging for the neighbourhood and finding new friends in the housing.	New technology incorporated - Panic buttons & intercoms.	Gentrification is there in the housing but diversity is also seen, people from all regions are living at Utsav.
SAFETY & SECURITY		Gated community, 24/7 security staff, no entry to outsiders.	Each block is not guarded with security guards.	Major advantage is safety being in a gated community.	Emergency response available in the housing for quick response for seniors.
UNIVERSAL DESIGN		Barrier free design followed every where at neighbourhood and building level.	Universal accessibility features adopted in the design of the housing.	Wheel chair enabled, Ramps everywhere & handrails provided.	Senior friendly features inside the apt- grab rails, non slip floors, curved walls.

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