

# A Place to Call My Own

Housing Design for  
Young Adults with an FASD



## **Acknowledgments**

**We are grateful for the input of all the young adults, caregivers, advocates, service providers, and developers who provided valuable insights that informed this guide.**

**We also extend our thanks to Proof Alliance and the State of Minnesota, who provided the grant to make this project possible, and to all who work to improve the lives of people with an FASD.**

**© 2021 Proof Alliance & LHB, Inc.**

# Contents

<b>Introduction</b> .....	<b>1</b>
Research & Design Process.....	3
<b>Design Principles</b> .....	<b>5</b>
Close to Services.....	7
Connected to Nature.....	8
Welcoming.....	9
Secure.....	11
Durable.....	13
Sensory-Aware.....	15
Memory-Supportive.....	17
Safe.....	19
<b>Design Prototypes</b> .....	<b>21</b>
Unit Prototypes.....	23
+ The Mini .....	25
+ The Mod .....	27
+ The Max .....	29
Building Prototype.....	31
+ The Common House.....	33

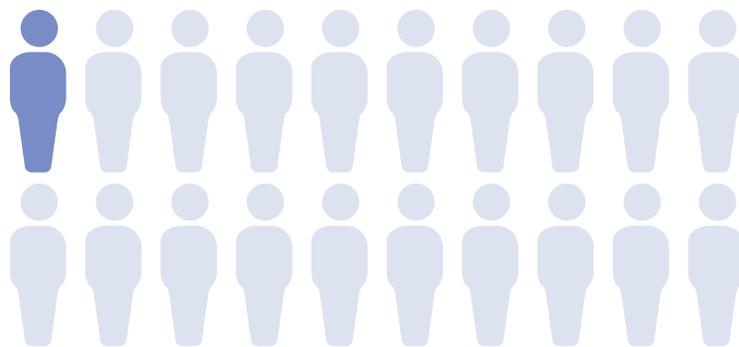
1

# Introduction

**Do you remember as a young adult what it was like to get your first apartment or house? That feeling of independence coupled with dealing for the first time with managing monthly expenses on your own, planning and preparing your own meals, maintaining your home, and navigating employment and transportation. Now imagine that on top of those new challenges you aren't able to remember when you are supposed to be at work or whether you turned off the stove before you left home. You've had trouble holding down a job or maintaining a relationship because you have difficulty controlling your emotions. You can't focus on work because you are extremely sensitive to certain types of noise or you didn't understand the instructions for the new task you are expected to do. Those are just some of the challenges that might be faced by young adults with an FASD.**

Fetal Alcohol Spectrum Disorders (FASD), caused by prenatal alcohol exposure, include a range of brain injury effects that can have lifelong implications, including mental, physical, behavioral, and/or learning disabilities. It is estimated that as many as 1 in 20 children in the United States have an FASD. (source: *Proof Alliance Fact Sheet: May PA, et al. Prevalence of fetal alcohol spectrum disorders in 4 US communities. JAMA. 2018;319(5):474-482.*) Having an FASD can make young adulthood, already a time characterized by significant life changes, even more challenging. Young adults with an FASD often need more supports in daily living than their neuro-typical peers, both human supports (such as assistance with memory issues) and physical supports (such as additional safety features in their home). According to a study of adults with an FASD by the University of Washington, 60% had trouble finding a job, 80% had trouble managing money and making decisions, and 52% needed help shopping. (source: *Streissguth A and Kanter J eds 1997. The Challenge of Fetal Alcohol Syndrome: Overcoming Secondary Disabilities. Seattle: University of Washington Press.*) Just as the level and type of disability can vary from individual to individual, the level and type of supports needed can vary as well. But having some consistent supports where needed can be critical to the success of an individual with an FASD.

One of the life changes that typically occurs in young adulthood is gaining some housing independence, perhaps moving out of the home of a parent, grandparent or other caregiver into an apartment or other space that offers more independence. But for young adults with an FASD, with that independence comes the challenge of needing some supports to succeed. Those supports can be both social and physical supports. Social supports might be provided on an individual basis or in a building where services are provided by staff and may include a range of individualized services to address needs such as budgeting, social skills, self-care, health management, employment, transportation or education. Physical



## 1 in 20 kids has an FASD

supports include the location of housing and details of the building and dwelling unit design that can be provided to better support the needs of young adults with an FASD.

This guide focuses on suggestions for physical supports, beginning with design principles that can be applied to existing or new housing design to support young adults' needs, and following with design prototypes to illustrate potential ways to implement those principles.

Every young adult deserves a safe, supportive place to live and make a successful transition to adulthood. A place to call their own. We hope this guide will provide an effective tool in creating well-designed housing for young adults with an FASD.



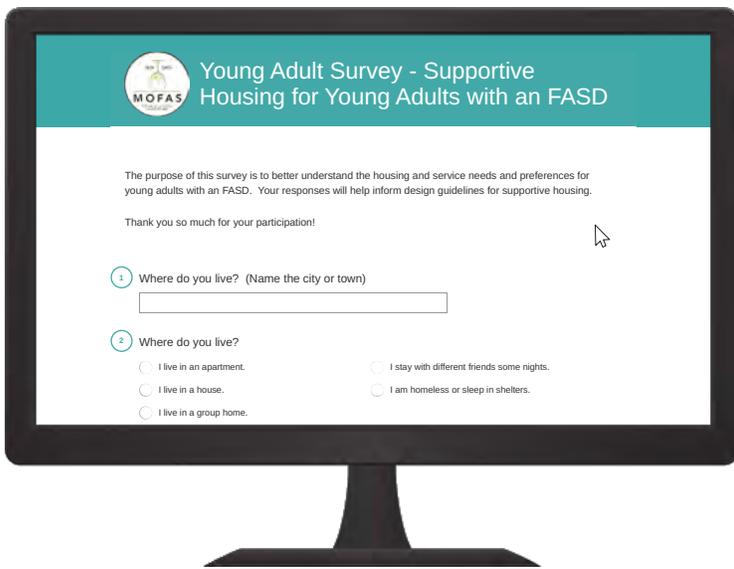
# Research & Design Process

In 2018, through a grant from Proof Alliance, the LHB team began a research and design study to define design features and supports that would best assist young adults with an FASD in a permanent supportive housing setting. Our team researched existing housing and services for people with an FASD, and solicited input from housing and service providers in the United States and Canada, caregivers of young adults with an FASD, and the young adults themselves, to see what supports would be most useful in housing for young adults with an FASD. Input was gathered through phone conversations,

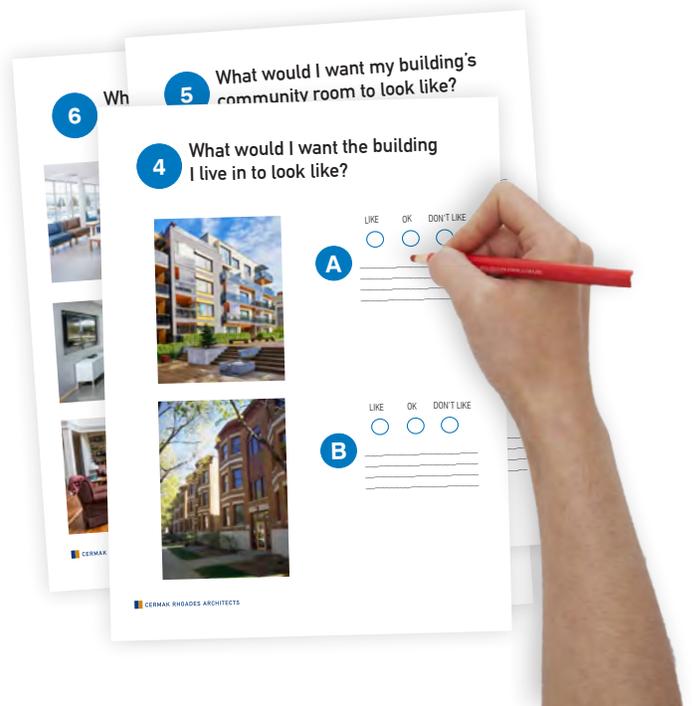
correspondence, written and visual preference surveys, tours and focus groups. From this input and research the team created these resources:

- + **Design Principles** - a set of physical design principles that can be applied to existing or new buildings to support the range of needs of young adults with an FASD, and
- + **Design Prototypes** - specific designs for apartment units and a small apartment building that incorporate the design principles and could be replicated in new buildings.

The design principles and prototypes are elaborated on in the following pages of this document.



*Online & in-person methods of surveying was combined with several other engagement methods to gather input that guided the development of this resource*





*Top: Participants of bus tour to local development examples*

*Left: Young adults participating in the visual preference survey*



# 2

# Design Principles

The following eight design principles were developed out of research and input from housing and service providers, caregivers, and young adults with an FASD. The principles address physical ways new and existing housing can better support young adults with an FASD in their daily lives, from the location of their home to the details of features found within their individual apartment.

Each principle includes a **rationale** for why the principle is helpful in housing for young adults with an FASD and specific **ideas** for implementing the design principle.

## Close to Services



Locating housing close to services can assist young adults with memory or transportation issues be more independent.

## Connected to Nature



Exposure to nature provides a calming influence.

## Welcoming



A welcoming atmosphere helps make a building feel like home and help young adults maintain a sense of calm.

## Secure



Providing secure features in and around a building help to address vulnerabilities and give young adults a better opportunity for success in living more independently.

## Durable



Durable materials that are easy to clean and a space designed to meet the residents' needs helps to set the young adult up for success and helps staff control maintenance needs.

## Sensory-Aware



A sensory-sensitive environment can help young adults better cope with their surroundings.

## Memory-Supportive



Providing features that support memory can assist young adults with an FASD who struggle with memory issues.

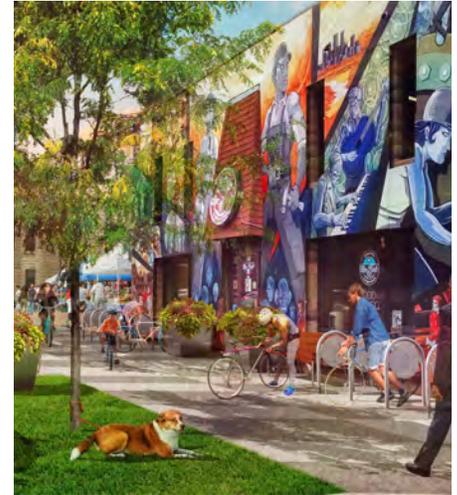
## Safe



Built in safety features can help support young adults live more independently while maintaining a safe environment for them and other residents and staff.



## Close to Services



*Left: Public transit near housing  
Middle: Nearby amenities & services  
Right: Walkable neighborhood*

### Rationale:

For various reasons, from difficulty remembering the rules of the road, to test-taking challenges to finances, many young adults with an FASD do not have a driver's license or a car and therefore depend on rides from others, public transit or walking and biking to get around. Individuals with an FASD may have trouble remembering bus routes or dealing with changes in routine, so public bus systems can be confusing due to transfers required to reach a destination or periodic route changes. A pay-for-ride service is another option but can be expensive to take on a regular basis. Locating housing within walking distance to services (within about ¼ mile) gives the young adult more independence since they can walk to get groceries or to work. Locating housing near affordable transit systems that are easily understandable, such as light rail train systems that are on a set route rather than a bus route that may change, can also be beneficial for greater ease of use to reach destinations that are not within walking distance.

### Ideas:

- + **Near jobs & services:** Locate housing near basic services and jobs, preferably within a ¼ mile walking distance.
- + **Access to public transit:** Where possible, locate where dependable, easily understood and affordable public transit is readily available.

**Some young adults with an FASD enjoy animal husbandry or are calmed by being in a more rural environment, and therefore might benefit from housing that might be farther from services based on its rural location. In that case, balancing the benefits to the residents of the rural environment with the transportation challenges inherent in being farther from services should be considered, as well as the challenges of staffing support services in a rural area.**

# Connected to Nature



*Left Top: Large windows in community room  
Left Bottom: Garden beds help residents engage with nature  
Right: Pleasant landscaped patio creates outdoor living space*

## Rationale:

Young adults with an FASD can suffer from anxiety and mood regulation issues. Exposure to nature can have a calming influence.

## Ideas:

- + **Green space:** Include green space on site, with substantial trees and landscaping.
- + **Active outdoor 'rooms':** Think of outdoor spaces as outdoor 'rooms' that are usable extensions of the building interior, and give them life as patios with tables and grilles for outdoor dining, a basketball half court or other opportunities for active exercise, flower and vegetable garden beds, dog walking areas if pets are allowed, and meditative garden spaces.
- + **Views to nature:** Offer views to these outdoor spaces and other natural features from within dwelling units and shared living spaces and circulation. Include large windows in living areas, stairs and corridors to expand these views and bring ample daylight into interior spaces.
- + **Indoor plants:** Include living indoor plants in key locations such as the lobby and community room to bring nature into the building and make the spaces feel more home like and less institutional.
- + **Nature images:** Include images of nature inside building, such as landscape photographs or paintings. Even images of nature can have a calming effect.



# Welcoming



Left: Natural materials, comfortable furniture

Right: Welcoming concierge desk

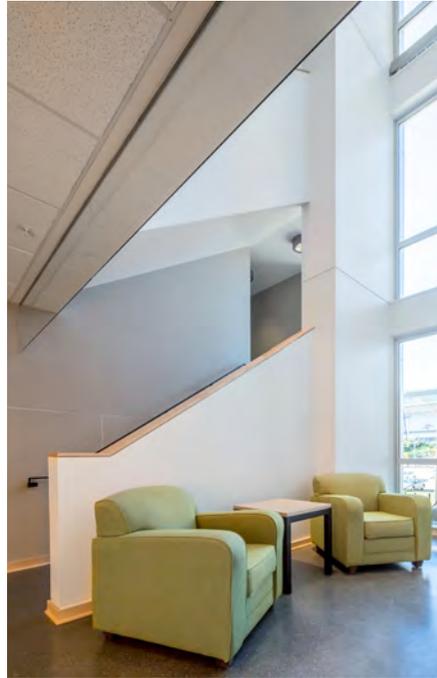


## Rationale:

Young adults with an FASD don't want their home to feel different than their neuro-typical peers. Like anyone else, they want their housing to look and feel as much like home as possible, not an institution. They also want to be treated equally to their peers. Providing a welcoming atmosphere can not only help to make the building feel like home but can help residents with mood regulation difficulties maintain and restore a sense of calm.

## Ideas:

- + **Community spaces:** Design common areas like entrances, lobbies and community rooms to feel like a home or apartment building, not like an office lobby.
- + **Concierge desk:** If a front desk is included in the building design for security purposes, design the space to feel like a concierge desk rather than security checkpoint. Avoid using security glass, high walls or other similar obstructions between staff and residents or guests.
- + **Natural colors and materials:** Include calming and welcoming colors and natural materials throughout the building in common areas and within apartment units. Including colors and materials that reflect nature, such as blue and green colors and natural materials like wood, have been shown to have a calming influence on individuals and lower stress.
- + **Décor:** Include comfortable furniture, art, living plants and décor in common area spaces to make the spaces feel more like home. Sparsely furnished spaces and blank walls can make spaces feel more institutional.



*Left: Recessed apartment entry door  
Middle: Daylit, comfortable lounge  
Right: Natural Materials*

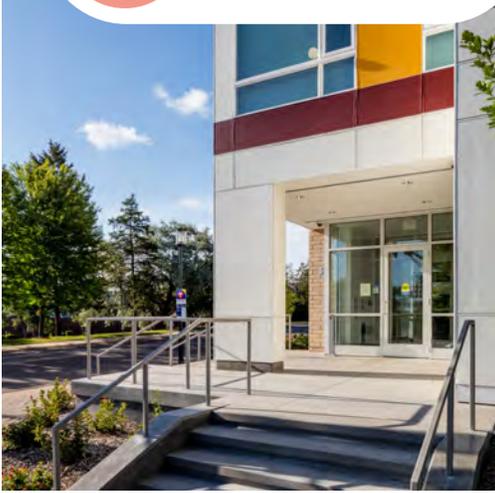
- + **Daylight and lighting:** Include ample but not glaring light in indoor spaces through ample daylight in spaces wherever possible and adjustable artificial lighting with warm tones and dimmers or multi-control light switches so occupants have some level of control over the brightness of a space.
- + **Declutter:** While carefully selected décor can make spaces feel more like home, unnecessary clutter can lead to agitation for residents that already struggle with emotions and lead to a feeling of chaos. Common area spaces should ideally avoid being over-cluttered with things like random supplies, obsolete extra furnishings and hastily placed paper signs.
- + **Equality:** If the building is multi-level or has multiple wings, treat all spaces that house residents in an egalitarian way, not hierarchical. Placing one type of individual or group "over" another or seeming to favor

one group over another can cause friction for young adults. Likewise, if only a certain percentage of the units in the building will house young adults with an FASD, consider distributing those units around the building so that these residents do not feel isolated or singled out.

- + **Personalize:** Offer residents the ability to personalize unit entrances and to personalize their space within the apartment units. A small cork board or magnetic board outside their doors provides a place to display personal art and photographs. A small recessed area at each doorway can provide a place to locate a welcome mat or other decorations.



# Secure



Left: Secure front entrance

Middle: Balconies

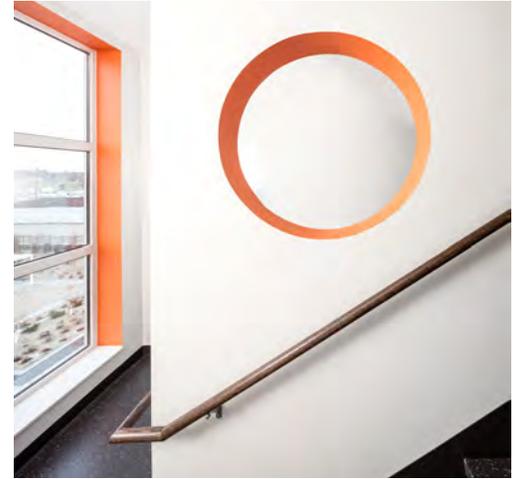
Right: Apartments located above ground level

## Rationale:

People with an FASD can be vulnerable to predatory individuals, may not understand consequences for their actions, and have difficulty with appropriate relationships. Providing secure features in and around the building can help to address these vulnerabilities and give the young adults a better opportunity for success in living semi-independently.

## Ideas:

- + **Secure entrances:** Limit the number of entrances into the building and include secure doors at all entrances into the building. Except for exterior doors into weather vestibules, design doors to be always locked from the exterior. At public entrances, provide an intercom system for access by guests, and a key fob and proximity reader system for access by residents and staff. Key fobs can be easily programmed or deactivated and replaced if lost or stolen.
- + **Front desk:** Include a front desk with views to the main entrance(s) or other secure staffed point of entry for checking in visitors. This provides an additional level of security for residents beyond having just an intercom system.
- + **Cameras:** include exterior security cameras in key areas around the building and site, and interior security cameras in common areas. Cameras can help protect vulnerable residents and help to resolve conflicts as they provide concrete records of events.
- + **Patios & balconies:** Consider carefully whether to include private outdoor space at dwelling units. Private balconies and patios may become security issues with people using them to sneak in or out of the building, or may become safety issues if people climb on the railings. While these features may be appealing to some residents, they may not be universally appropriate.



*Left: Good sightlines from front desk  
Right: Openings in stair wall for visibility*

- + **Good sightlines:** Ensure good sightlines within building for staff to observe activity in common areas and for residents to see who is nearby for a sense of security as they walk through a space.
- + **Operable windows:** Limit how far operable windows can open for security as well as fall protection.
- + **Ground floor security:** Consider not locating dwelling units on the ground floor where ready access could increase resident vulnerability. Where dwelling units are located on the ground floor, separate windows from sidewalks for security with features such as decorative fencing, shrub beds, and elevating the first floor above ground level.
- + **Secure storage:** Include a central location for secure storage for money and medications. Not all residents may need staff to manage these things for them, but this feature would be helpful for both security and to assist with memory and money management issues on an as-needed basis.



## Durable



Left Top: Dishwashers simplify cleaning

Left Bottom: Durable cabinets

Right: Easy to clean floors



## Rationale:

Difficulty with self-care, housekeeping, and mood regulation can make it hard for young adults with an FASD to maintain their home. Providing durable surfaces and fixtures that are easy to clean and a space designed to meet the residents' needs helps to set the young adult up more readily for success and helps staff control long term maintenance needs.

## Ideas:

- + **Right-size spaces:** Appropriately size the apartment unit to the abilities of the resident so that cleaning is not overwhelming and the resident can feel able to succeed in maintaining their space.
- + **Visible spaces:** Make all areas of unit as visible as possible so little is "out of sight out of mind" and gets forgotten and therefore not maintained.
- + **Right-size storage:** Limit the amount of kitchen cabinets to what the resident actually needs. More storage space leaves the resident with more to clean and maintain and the potential to forget where they have put food or dishes.
- + **Cleanable surfaces:** Include all easily cleanable floors and little or no carpet in the units. Carpet is more difficult to maintain and can harbor insects, dirt and allergens more easily than flat, smooth types of flooring. Flooring that has a 'no polish' maintenance option may also provide simpler long-term maintenance for building staff.
- + **Durable walls:** Include durable wall surfaces to protect from accidental damage or mood related outbursts. Impact resistant gypsum board, plywood backed gypsum board and/or concrete (poured in place, precast or concrete block) all provide greater protection from damage than standard gypsum board. Include solid backing in walls for accessories such as towel bars.



*Easy to clean surfaces & visible spaces*

- + **Doors & frames:** Consider solid core rather than hollow core doors, hung in heavy duty hollow metal or solid wood frames and commercial grade door hardware for greater overall durability.
- + **Cabinets:** Utilize cabinets with solid wood doors and face frames and plywood boxes, with drip pans in sink base cabinets. These hold up to higher use and are more resistant to water damage.
- + **Durable fixtures:** Carefully select other fixtures and finishes, such as windows and plumbing fixtures with durability, cleanability and ease of operation and maintenance in mind.
- + **Dishwashers:** Consider including dishwashers in the units to help residents maintain their apartment. Confirm operating instructions are easy to follow and consider providing soap pods for residents so it is easy to dispense the correct amount of soap for each load.
- + **Thermostats:** Confirm controls for heating and cooling systems such as thermostats are easily understood. Consider selecting programmable thermostats that have preset temperature ranges so that residents can more easily maintain their home at a comfortable temperature.

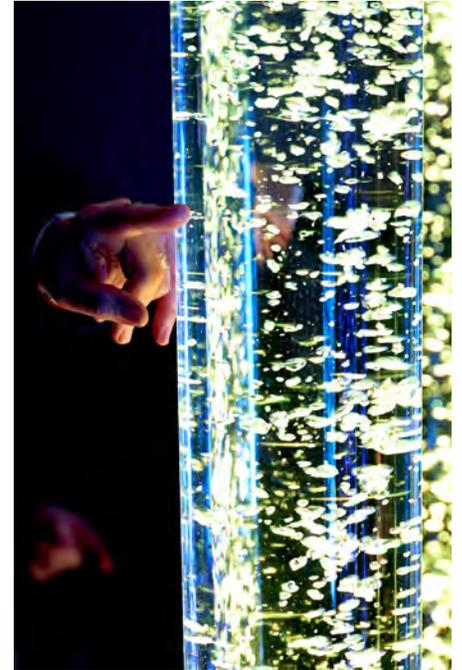


# Sensory-Aware



Left: Natural colors & materials create a calming environment

Right: Sensory lighting can have a calming effect



## Rationale:

Like other individuals with brain injuries, young adults with an FASD can have difficulty with self-regulation and impulse control and may be over or under-sensitive to sensory stimulation. For young adults with those challenges a sensory-sensitive environment can help them better cope with their surroundings.

## Ideas:

- + **Mechanical noise:** Carefully select the type of heating and cooling system and design and balance the system to control mechanical noise.
- + **Lighting:** Eliminate lighting noise by using LED lighting throughout the building instead of fluorescent lights, which have ballasts that can make humming sounds. Choose dimming features to give young adults control of the lighting level. Consider LED color changing lights for a range of warm to cool tone options.
- + **Odor control:** Control odors within the building by carefully air sealing between dwelling units and between units and common areas to prevent odor transfer from one space to another and use low or no VOC paints and other finishes to reduce potential irritants.
- + **Acoustical privacy:** Create acoustical privacy between dwelling units and between private and common areas by using high STC (sound transmission class) wall assemblies, minimizing penetrations in party walls and corridor walls such as plumbing and electrical, and carefully air sealing wall, floor and ceiling perimeters and penetrations with acoustical sealant and other measures to control noise transfer.
- + **Calming colors:** Utilize colors that reflect nature and are not too stimulating to reinforce the feeling of a calming environment for residents who may be easily over stimulated.



*Left: Ceiling fans provide air movement  
Middle: Insulation helps create acoustical privacy between spaces  
Right: Comfortable bean bag chair*

- + **Sensory room:** Consider including a sensory room (aka “Snoezelen” room) or multi-purpose room equipped with resident-controllable sensory features that can address all the senses: visual, auditory, tactile, olfactory and gustatory. Examples of possible features include user-adjustable LED colored light, nature sounds, bean bag, swing, textured fabric/objects, aromatherapy and smell pots. In this space residents can control how much and what type of sensory stimulation they receive, and the space can have a calming or ‘organizing’ effect.
- + **White noise & air movement:** Consider including ceiling fans in dwelling units. Some residents benefit from the fan’s air movement and are calmed by the movement and sound. Or consider providing white noise equipment to provide a similar noise effect, which can also help to mask other sounds that the young adult may otherwise find annoying.
- + **No smoking policy:** Consider not allowing smoking anywhere in the building to control odors and eliminate potential health impacts to non-smoking residents and staff. If some residents smoke, consider providing a designated covered smoking area outside, away from building entrances.



# Memory-Supportive



Left: Electronic locks eliminate need for keys

Middle: Open floor plans make finding belongings easier

Right: Reminder boards help keep track of tasks

## Rationale:

People with an FASD can struggle with memory issues, making some aspects of independent living difficult without support.

## Ideas:

- + **Differentiate with color & art:** Include features that support memory in common areas, such as using different paint colors or artwork outside the stair and elevator and in corridors on each floor of multi-story buildings, or in different hallways of a larger single story building.
- + **Meeting spaces:** Provide space in the building for staff offices and meeting space that they can use to meet with residents and support them with memory-related issues and other supports customized to the young adult's needs.
- + **Personalization:** Include features that encourage personalization of areas outside dwelling unit entrances so that each resident can readily recognize their home, such as providing tack boards or allowing placement of welcome mats or personalized décor outside their doors.
- + **Alternatives to keys:** Consider alternatives to keys for dwelling unit entrance doors. Key fobs are easier to replace or recode than standard keys if one gets lost. Fobs may work well if staff are on site to let the young adult in if they lose their fob and get locked out. Fingerprint locks are another alternative that avoid the need to carry a key or fob.
- + **Reminder board:** Inside the dwelling units, provide a white board for personal reminders near the unit entrance door so reminders are readily visible anytime the resident is coming and going.



*Left & Right: Open shelves make it easier to find dishes*

- + **Open storage:** Provide at least some open and visible storage in each room in the dwelling unit, such as open shelves. And consider curtains on rods in lieu of closet doors in select locations so that the curtain can be left open without taking up floor area like a door. Accommodations like these help residents who have memory issues and need to see their belongings to remember where they are.
- + **Cabinet labels:** Consider including slots to allow insertion of word/picture labels on cabinets, drawers and closet doors. Consider including a pot rack or outline below hooks on the wall for locations of kitchen utensils and cleaning items. Both of these measures can help residents to remember both where to find their belongings and where to put them back after use.
- + **Pictorial directions:** Pictorial directions for how to use the shower and appliances can be useful for some residents, as well as labeling on/off and hot/cold buttons with colors and/or pictograms for ease of understanding.
- + **Lockable storage:** If some food is kept in a common area refrigerator or pantry (such as in a community room) the storage may need to be lockable to help residents who don't remember when they ate avoid overeating.

*Also see ideas under "Safe" for memory support with water use and cooking.*



# Safe



Left: Tub overflow mechanisms help avoid accidental overflow

Middle Top: Electric ranges provide a safer alternative to gas

Middle Bottom: Toaster ovens & speed cook microwaves may be safer to operate than ranges

## Rationale:

Memory and learning disabilities can lead some young adults with an FASD to have difficulty with household tasks such as remembering to turn off the water in the sink or tub, or remembering to take food out of the oven or turn off the stove. Water left running can cause significant damage to the apartment unit and unit(s) below, and cooking appliances left on can create a chance for accidental burns or start a fire. Built in safety features can help support the young adults in their efforts to live more independently while maintaining a safe environment for them and other residents and staff.

## Ideas:

### Water safety:

- + **Temperature control:** Ensure the water temperature at all fixtures discharges at a safe temperature to avoid accidental scalding.

- + **Sink overflow:** Consider double bowl sinks in kitchens to provide a natural, low-tech 'overflow' path if the drain is blocked in one bowl to prevent water from overflowing onto the floor. Some manufacturers also make single bowl kitchen sinks with integral overflow drains. Consider a motion sensor or push button faucet on bathroom sinks to keep faucets from being left on.
- + **Tub overflow:** Consider installing overflow mechanisms on tubs to reduce the chance for water overflowing onto the floor. For some residents, a fill line marked on the inside of the tub may also help as a reminder of how far to fill the tub.

### Cooking safety:

- + **Electric vs gas:** Consider electric ranges rather than gas ranges to avoid combustion safety issues and potential for cooking fires or injuries from live flames. Electric induction cooktops create heat only when a pot is placed on the burner.



*Double bowl sinks provide low tech overflow control*

Young adults with an FASD have a range of abilities, challenges and interests that preclude the success of a 'one size fits all' solution. Their home should be able to be adapted to meet their needs with minimal disruption. For example, some young adults like to cook and can use a standard range safely, while others may not. Setting up each apartment to accommodate a potential range of needs while requiring minimal physical changes to the space provides flexibility as a resident's needs change or as different residents move in.

- + **Timers:** Consider a timer or occupancy sensor connected to the range to power it off after a preset amount of time. A keyed switch could also be used to turn off the power to the range entirely.
- + **Ventilation:** To ensure that cooking fumes are exhausted from the apartment, consider installing an interlock that automatically starts the range exhaust hood when the range is turned on.
- + **Fire risk:** Include magnetic fire extinguishers under the range exhaust hood to help keep cooking fires from getting out of control.
- + **Cooking alternatives:** In lieu of providing a standard range, consider providing a toaster oven or a speed cook microwave which could replace the stove and have a built-in timer. The speed cook microwave can cook both pizza and microwaveable food.

### Fall Protection:

- + **Window limit stops:** Include permanent limit stops on windows to limit how far they can open to protect from accidental falls out of windows. This feature can also limit access of people into and out of the building through windows if security is a concern.

### Mobility:

- + **Grab bars:** Provide grab bars and/or blocking in walls to accommodate mobility challenges. Not all young adults with an FASD have physical mobility issues, but some may have physical disabilities and providing blocking and grab bars provides flexibility in accommodating those needs when they arise.

*Also see design ideas under the Design principle "Secure" for person-to-person safety issues.*

# 3

# Design Prototypes

**The following design prototypes take the eight design principles and apply them to conceptual apartment unit and building plans to create design prototypes for new buildings.**

**The feedback of young adults with an FASD, their caregivers, and housing and service providers from surveys and focus group discussions informed the design prototypes and helped to focus the designs on the following program:**

## Population

While there is some need for housing for couples and for young parents with child(ren), the group felt that the most prevalent need at young adults' typical transition age (18-24) is for housing for single individuals. Since singles, couples and parents with children have different needs, the group also felt it would be better to design separate buildings for those different needs to eliminate the inherent potential for conflict between the needs of the various groups. As a result, **housing for single young adults** became the focus of the housing design prototypes.

## Services

Keeping in mind that people with an FASD may have a spectrum of needs from constant care to near independence, the group indicated that an unmet need is for housing for the 'middle' – young adults with an FASD who need daily supports in some aspects of living but do not have physical or intellectual disabilities that would require intensive supervision or nursing level care that is already available in group home settings.

In order to provide consistent external supports for the young adults, the group felt it would be important that building would have staff on site to provide supportive services. This led the group to decide on a **model of permanent supportive housing, which combines housing with on-site staff and services to meet the residents' needs**. Additional spaces, such as a front desk, staff office and meeting spaces, are typically needed in supportive housing to provide these services.

## Building Size

Due to the need for outside supports by most young adults with an FASD and the need for affordability and ease of maintainability, it was generally agreed that a multifamily, rather than single family, housing model would work best. Housing providers, young adults and caregivers all agreed that housing a **smaller group of young adults with an FASD (6-12 people) together in a building would be more successful than a larger group**. This smaller group of young adults could be housed in a small building of their own or as part of a medium sized apartment building that also included other single adults without an FASD. Each option comes with pros and cons. A smaller building could promote a sense of community and support among a population with similar challenges but could also lead to more conflict in close quarters. A larger building with a mixed population would be less of a tight knit community but could help to diffuse conflict and expose young adults to peers with different experiences.

## Unit type

The group discussed a number of possible dwelling unit type options. Universally it was felt that a "complete" unit would be the most successful (i.e. one with a private kitchen, bathroom and living/sleeping areas), as it would offer each young adult more independence and avoid heightening the potential for conflict with other residents about use of shared cooking facilities or bathrooms. The group also felt that for most young adults living alone in a unit rather than with a roommate would be preferred to avoid conflict in close quarters. Depending on the resident's financial situation and ability and desire to maintain their unit, **a studio unit or a one-bedroom unit could each be viable** options.

# Unit Prototypes

The following three unit prototypes illustrate a range of unit sizes to meet the needs of a single young adult with an FASD, with a focus on implementing the design principles to create livable, affordable and maintainable living spaces.

## The Mini ●○○

+ **Small studio - 385 square feet**

The Mini is a cozy studio apartment appropriate for a young adult who needs a very affordable apartment, prefers to have less space to clean, and does not do much cooking. The apartment includes a small kitchen with sink, refrigerator and speed cook microwave. A built-in island provides space to eat or study. Walk through storage adjacent to the bathroom makes everything easy to find. A futon doubles as a couch and a bed to make efficient use of the space.

## The Mod ●●○

+ **Large studio - 480 square feet**

The Mod is a larger studio apartment, ideal for a young adult with the desire for a little more space but still benefiting from the affordability of a studio apartment. This unit has the flexibility of a variety of ways to arrange the loft-like space with movable partition bookcases, creating separate sleeping and living areas while still having visibility of the entire space. A full kitchen may appeal to young adults who enjoy cooking.

## The Max ●●●

+ **One bedroom - 570 square feet**

The Max is a complete one-bedroom unit, suitable for a young adult who enjoys cooking and entertaining, and has the ability to afford and maintain a larger space. This unit includes a full kitchen with island and has a bedroom separated from the living room with a barn door to allow for more visibility between spaces.

**The Mod**



**The Mini**



**The Max**



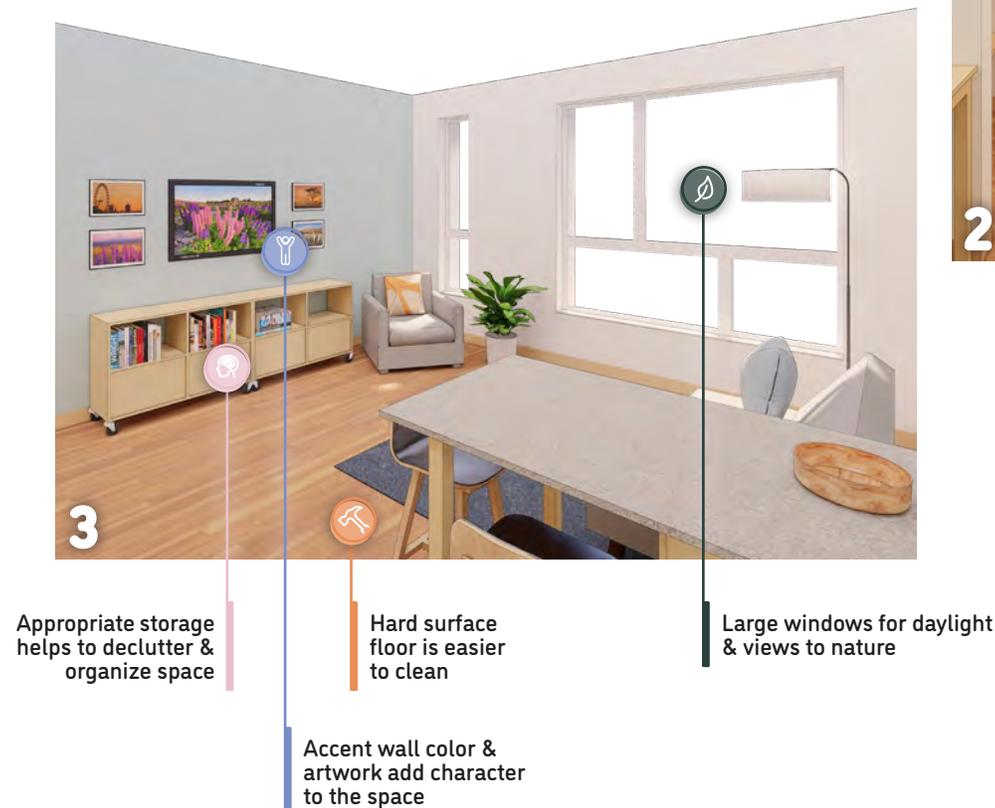
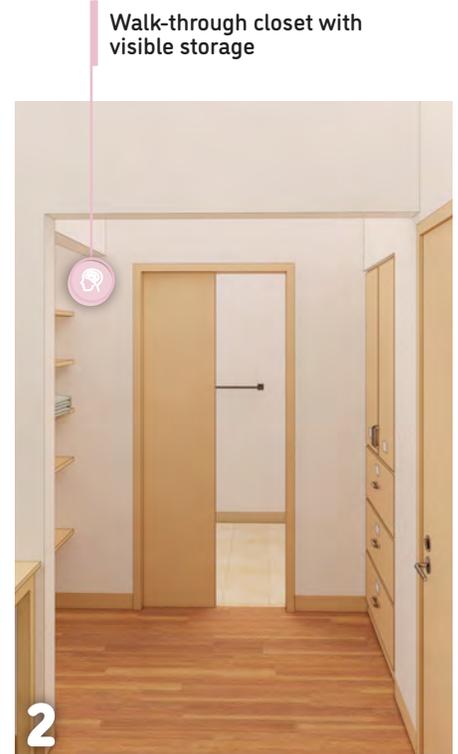
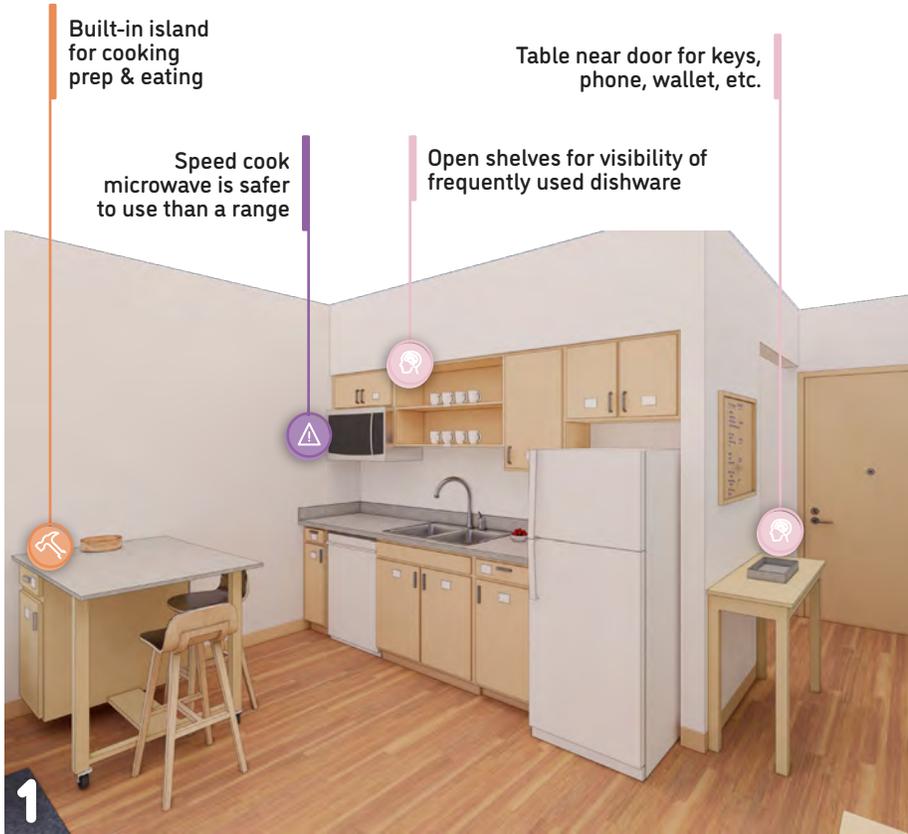
# The Mini ●●●

+ **Small studio - 385 square feet**

The Mini is a cozy studio apartment appropriate for a young adult who needs a very affordable apartment, prefers to have less space to clean, and does not do much cooking. The apartment includes a small kitchen with sink, refrigerator and speed cook microwave. A built-

in island provides space to eat or study. Walk through storage adjacent to the bathroom makes everything easy to find. A futon doubles as a couch and a bed to make efficient use of the space.



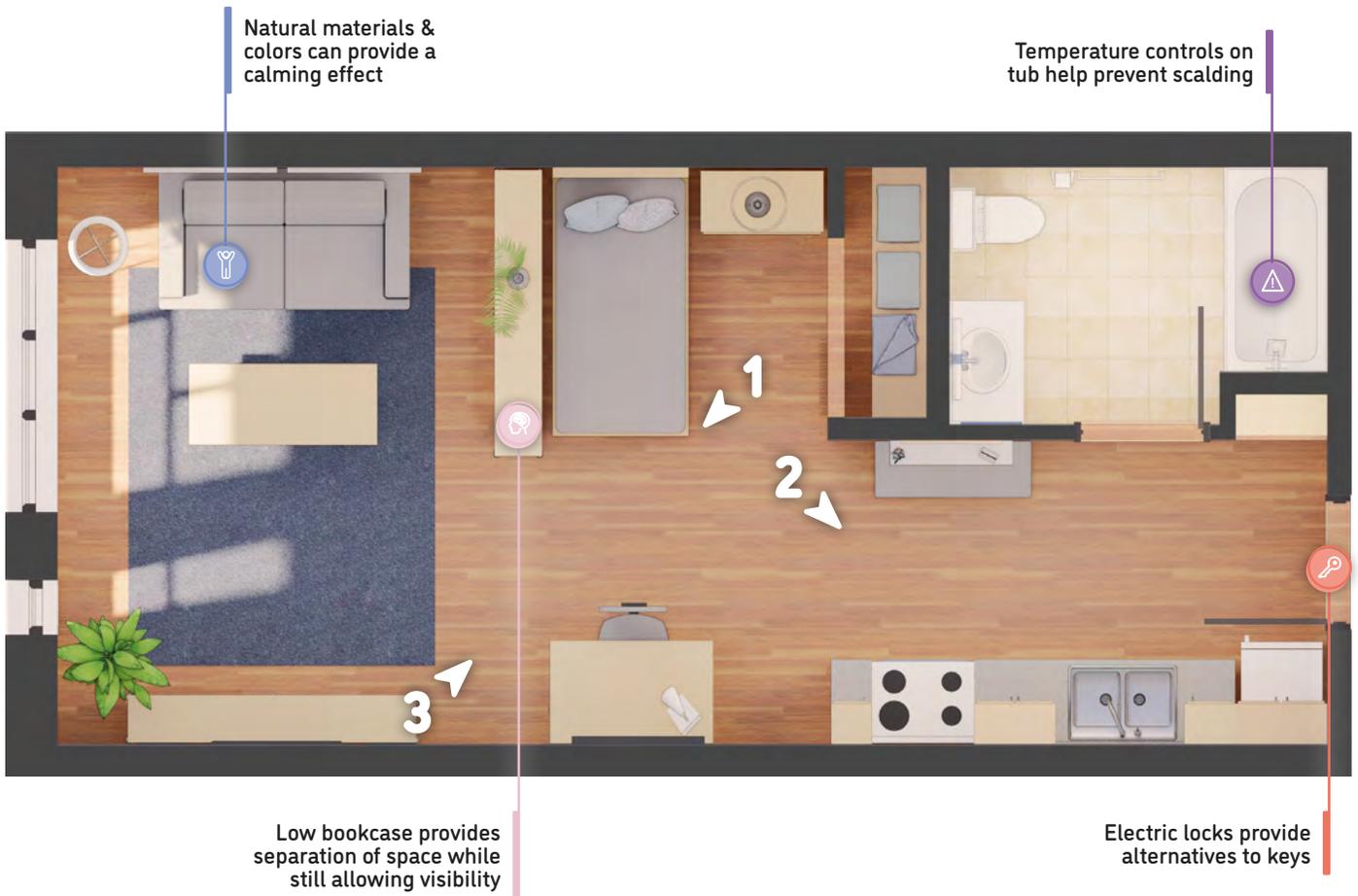


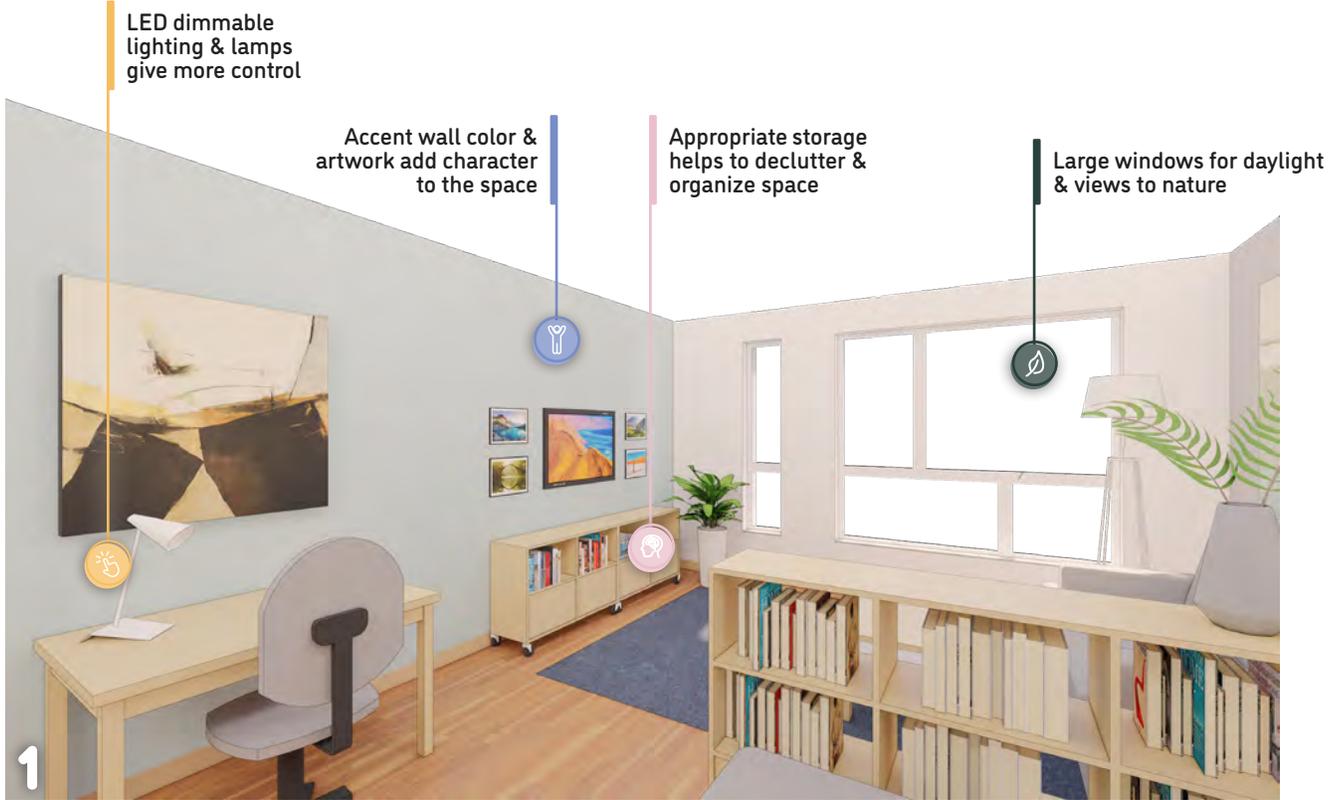
# The Mod ●●●

+ **Large studio - 480 square feet**

The Mod is a larger studio apartment, ideal for a young adult with the desire for a little more space but still benefiting from the affordability of a studio apartment. This unit has the flexibility of a variety of ways to arrange

the loft-like space with movable partition bookcases, creating separate sleeping and living areas while still having visibility of the entire space. A full kitchen may appeal to young adults who enjoy cooking.





1

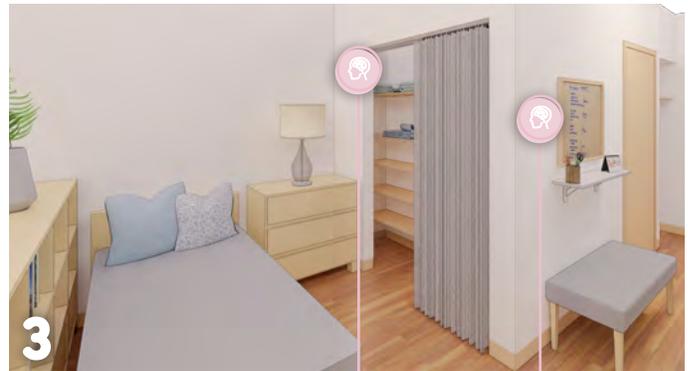


2

Drip pan under sink helps contain water leaks

Electric stove with auto shut-off features & remote power disconnect

Labels on cabinets to help remember where things are



3

Open closet with shelves makes it easy to find belongings

Whiteboard for reminders & lists

# The Max ●●●

+ **One bedroom - 570 square feet**

The Max is a complete one-bedroom unit, suitable for a young adult who enjoys cooking and entertaining, and has the ability to afford and maintain a larger space.

This unit includes a full kitchen with island and has a bedroom separated from the living room with a barn door to allow for more visibility between spaces.



Double bowl sink provides natural water overflow

Open shelves for visibility of frequently used dishware



1

Large windows for daylight & views to nature

Color & artwork makes the space more welcoming



2



3

Whiteboard for reminders & lists



4

Hard surface floor is easier to clean

# Building Prototype

The unit prototypes could be combined with each other or with other unit types and common areas to create a full building design. As previously discussed, the completed building could be either a smaller building to serve a close-knit community of young adults with an FASD or it could be a larger apartment style building to serve both young adults with an without an FASD. In both scenarios the buildings would ideally include the following spaces in addition to the individual units:

- + **Common living and kitchen area:** A space to build community and cook meals together
  - + **Meeting rooms:** Rooms for meeting with staff and each other about budgeting, employment goals, life skills, health, and to provide a sensory break space or space for smaller group activities. The number and type of these spaces could vary depending on the number of residents and their needs.
  - + **Other Activity rooms:** In larger buildings, additional activity rooms that support resident well-being may be appropriate, such as a fitness room
  - + **Staff space:** Offices for staff, workroom area, and a front desk for greeting residents and guests or office located immediately next to the entrance. In a larger building staff space might also include flex space for visiting service providers, such as physician, therapist or case manager.
  - + **Outdoor rooms:** Outdoor activity spaces that can be enjoyed by all residents, including a patio and green space as well as other possible uses like a garden, walking paths or a half basketball court.
  - + **Laundry:** If a common laundry room is provided, locate in a central area for conveniences and readily visible to staff to help reduce potential for conflicts.
- + **Other support spaces:** Include secure storage for resident belongings, donated or shared items, as well as general building storage, restrooms for staff and visitors, and other service spaces as needed for operation of the building.

Following is one sample building prototype (“The Common House”), designed to serve a small community of 8 young adults with an FASD. Because the larger apartment building type could vary significantly in configuration, size and style depending on particulars of the site a specific building design is not included as a prototype here but the same principles that are illustrated on the smaller building could be applied to a larger building as well.

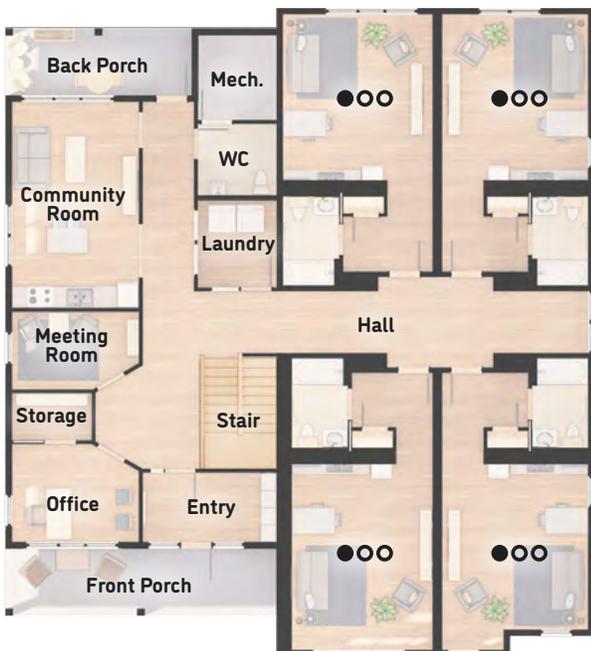
## The Common House

- + **5,620 square feet**

The Common House is a building designed for 8 young adults with an FASD, intended to fit the scale of a single-family neighborhood and feel like a home. The house includes 8 of “The Mini” studio apartments, and a common living/kitchen area, meeting/sensory room, office, laundry room and support spaces. The house also includes both a front and back porch for building community among residents as well as connecting with outdoor spaces and the larger neighborhood.



*The Common House - View of Front*



*The Common House - First Floor*



*The Common House - Second Floor*

# The Common House



The Common House - First Floor



*The Common House - Second Floor*



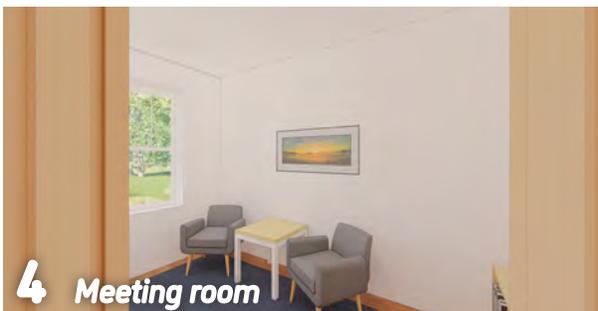
**1** View of community room



**2** Hallway & staircase



**3** Hallway & staircase



**4** Meeting room



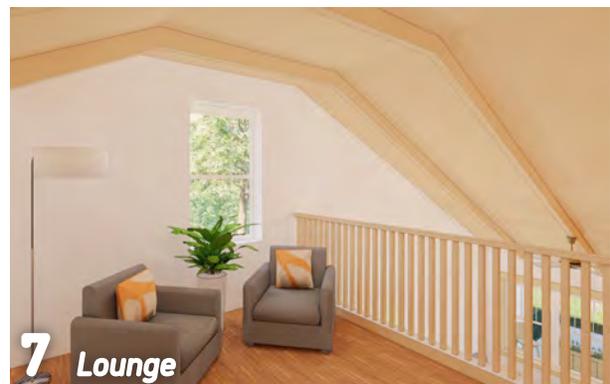
Section through Common House



**5** Office



**6** Recessed unit entries



**7** Lounge



**PR%F**  
Alliance