

# Appendix 1: Care for Medway: Draft Care Home Specification

## Summary

This document summarises the currently identified needs and ambitions for a Medway-owned care home. It has been produced to inform the identification of potential sites and properties. It is not intended to be the final specification.

## Purpose of the Home

- A Council-owned building with flexible capacity to accommodate different units/provisions.
- A provision for one floor dedicated to specialised care home residential and nursing facility for people living with dementia in Medway: 40 beds.
- A second floor dedicated to other types of residential/nursing care, including provision for Working Age Adults, respite/reablement, short term placements and assessment beds: 40 beds.

## Site Location Requirements

- The site must be in Medway.
- The site must be of sufficient size to accommodate the above requirements.
- There should be sufficient parking space for staff vehicles, visitors, professional partners and access for emergency vehicles.
- The location should be appropriate for the type of provision: a high street is unlikely to be suitable.
- The location should be accessible for those using public transport, including staff and visitors.

## Building Requirements

- The building should follow the design code for Adult Social Care Homes (see embedded document below).
- The building should incorporate the principles of the Dementia-Ready Housing Guidance (see embedded document below).
- Two storeys; the ground floor dedicated to dementia residential nursing care, with the first-floor layout suitably flexible to offer reablement and assessment bed provision.
- There must be safe, independently accessible outdoor space for each group setting.
- Some rooms must be sufficiently large to accommodate double/twin occupancy (to be confirmed, as the Council's Brokerage Team have clarified that there is limited demand from residents for double or twin rooms).
- In addition to bedrooms, there will be a need for communal areas.
- Based on the requirements detailed below, it is estimated that a building footprint of 1,170 square metres is required.

## Facility Requirements

### *Bedrooms*

- The CQC require that the size of a single room is a minimum of 12.5m square of usable floor space, with appropriate head space. To meet the needs of a person who uses a wheelchair, the room should be a **minimum of 13.5m** square.
- Usable floor space excludes the bedroom entrance (for example, door swing of bedroom and ensuite doors), ensuite, or fitted units. Some people may require additional space for care equipment to meet their needs and the room must be large enough to accommodate this.
- The height of ceilings must not pose a danger to people. There must be no less than two metres of height from floor to base of the ceiling.
- Twin rooms are generally 20m square.
- The room sizes are exclusive of ensuite facilities. Ensuites must have a wet-floor shower, wash-hand basin and toilet. The room size must be at least 3.5m square in total (including toilet and basin), however it may need to be larger than this to provide enough room for assistance from staff.
- The Equality Act 2010 legislation protects people with disabilities from discrimination. As part of this all organisations must ensure their premises and services are fully accessible. This needs to be considered in determining room sizes.
- Flexible design: implementing adaptable living spaces with features like adjustable countertops, grab bars, and wheelchair-accessible bathrooms allows residents to modify their environment to suit their changing abilities.

### *Communal Areas*

- There must be at least 3.9m square of communal space for every person within each small group living setting, not including corridors and circulation areas.
- Space occupied by built in storage facilities such as cupboards will not be included when calculating the communal space requirements.
- Sitting rooms and dining rooms must not be thoroughfares to other parts of the care home or small group settings, and levels of visibility between communal and private areas should be respectful to the people experiencing care.

### *Outdoor Area*

- The care service should be a pleasant place to live, and people should be able to move around easily in the home and its outdoor spaces.
- We would encourage this to be a community garden so the local community and Voluntary and Community Sector can enjoy supporting residents and sharing the produce
- There should be outdoor space accessible for each small group setting/cohort in all weathers
- It is expected that the design will incorporate therapeutic gardens with accessible pathways, raised garden beds, sensory plants, and seating areas with opportunities for outdoor recreation, relaxation, and therapeutic activities

such as gardening and sensory stimulation.

### *Additional Room Requirements*

- As part of the design, consideration would need to be given to staff spaces and facilities. These are additional to kitchens, laundry, communal lounges, dining areas eg:
  - Reception
  - Manager's Office
  - Admin Office
  - Kitchen
  - Laundry
  - Staff Spaces eg changing room, staff room/kitchenette, staff toilets
  - Meeting Rooms
  - Room to complete Technology Enabled Care assessments
  - Room that could be used as a clinic for OT or Social Work assessments with daily living aids

### *Specialist Facilities*

Potential facilities could include the below, and costs should be estimated to inform decision-making.

- A space and sensory room that can be flexed according to needs. This would be a “white space facility” which is calming, designed to reduce stress and anxiety. Integrating this into the Care Home can provide residents with a space for relaxation and reflection, promoting mental well-being and autonomy.
- Use of Technology Enabled Care (TEC), such as wearable health monitors, fall detectors, and smart home technology enables remote monitoring of residents' health and safety, empowering them to live more independently while still receiving necessary support.

### *Potential Additional Services*

- This may impact the size and requirements of the building but could be explored once the preferred model is agreed.
- The types of services include:
  - Offer day services to people living in the community.
  - Provide a facility for community groups e.g. support groups to meet (This could be undertaken in a day service area)
  - Laundry services to the community
  - Hot meal delivery service to the community