

**CASE STUDY**

Emerging market opportunities and demographic shifts in aging populations are influencing how we plan and provide senior living for the future.

**Taiping Shenshi**

Taiping Senior Investment Industry Shanghai, PRC

**Site:** 18.4 hectares

**Building Area:** 285,936 sqm

**Density:** 165 du/ha

**Units:** 1,997 (630 independent, 951 assisted, 416 nursing care)

2014 Gold Nugget Merit Award, International On-the-Boards Project, Seniors



Zhou Pu International Medical Park Master Plan

China's aging population is expected to double in the next 20 years from 10 to 20 percent (2017–2037)—a rate few countries have matched historically. As the country continues to prepare for an aged society, senior care has become an emerging market opportunity and medical campus master plans like Shanghai's Zhou Pu International Medical Park, are responding to this challenge.

**REGIONAL CONNECTIONS**

Zhou Pu International Medical Park is within short distance of many Shanghai activities and transportation resources. Future transit lines planned directly to the site will provide convenient access to the Maglev Train station, Shanghai Pudong International Airport, and nearby entertainment centers like Shanghai Disney Resort, Wanda Plaza and The Bund, city center of Shanghai.

The medical park master plan identifies districts for international hospitals; commercial service; medical office, research and universities; as well as other industry-related businesses like medical instrumentation and biomedicine. A residential/ rehabilitation district for living care assistance, healing and senior living, are also central components of the master plan vision.



**Taiping Shenshi**

is a senior living community under construction in the residential/ rehabilitation district of Zhou Pu International Medical Park.

Supported and surrounded by healthcare resources and industry, the community is envisioned as a haven, an environment for healing, and a *destination for the ageless*.



**25 percent of Shanghai's population is over the age of 60**

Shanghai Civil Affairs Department, 2011

**Live**

Three levels of care (independent, assisted and skilled nursing) provide individuals the chance to live independently for as long as possible, based on their needs. The close proximity to medical care provides peace of mind and ease of access.

**Relate**

Thoughtfully planned trails, parks and plazas create a social network of *third places* where human exchanges transpire. Relating to community members and the health benefits of outdoor spaces and nature, is important for wellness and rehabilitation.

**Visit**

Senior living communities with amenities such as pools, shopping and entertainment are inviting and enjoyable to grandkids, family and friends. A condotel on site, is accommodating for short or extended periods of visitation.



### Living in the Park

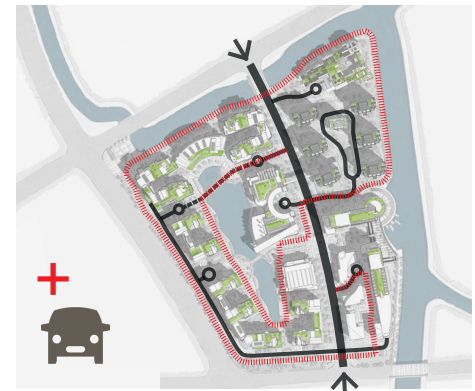
Active and urban in character, multiple living care facilities are organized within a campus-like setting around the community's central park lake, *Zhongming Lake*, and a nucleus of social and fitness amenities.

Water canals dictated by Zhou Pu's master plan provide a greater connectivity network of walking paths and open space, which buffer and soften the north and east edges of the project.

A collection of public squares and plazas act as destinations, nodes and memory points for community navigation and wayfinding.

- 1 Iconic Cornerstone / Gateway
- 5 Lakefront Plaza
- 2 Tai Chi Square
- 6 Central Park Square
- 3 Lake Amphitheater & Plaza
- 7 Shuimu Wharf & Plaza
- 4 Shiyun Square
- 8 Grand Canal Pathway

## Community Design Framework



### Circulation

The project area is surrounded by the master plan network of major roads and water canals. Internally, a **north-south collector** bisects the community into two halves; each development enclave is served by its own ingress/egress with an additional emergency vehicle access loop system.



### Connectivity

A **multipurpose pathway** makes a complete loop throughout the community for both bike and pedestrian connectivity. In addition to this circuit, walking trails along the water canal and central park lake are connected by intermediary paths providing east-west connections.

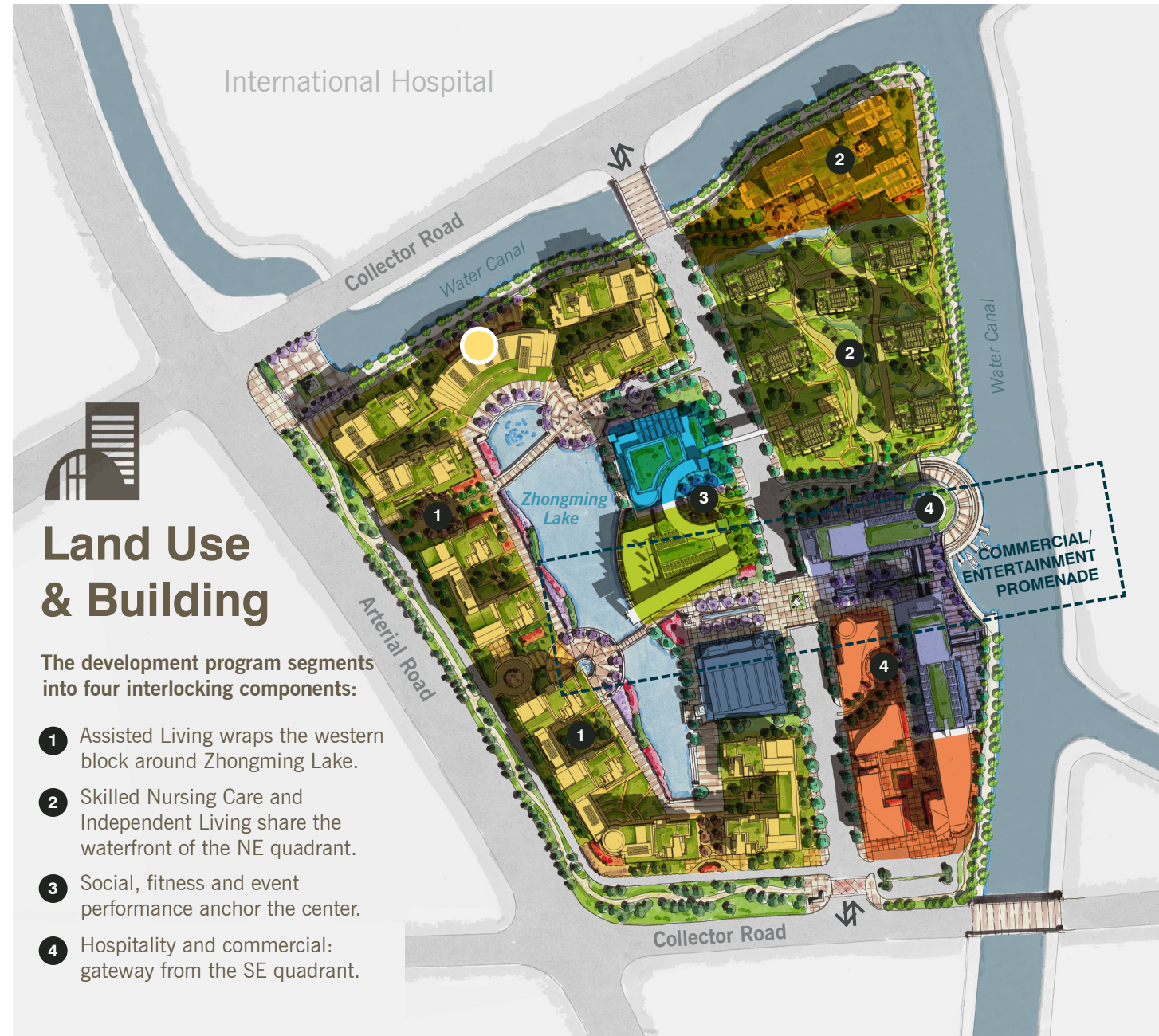


### Parks & Plazas

A **hierarchy of urban spaces** organize the building blocks surrounding central park lake. Each development enclave connects to a secondary grid of smaller passive parks and plazas, unique in their own scale and landscape. Buildings become *vertical greens*, topped with rooftop gardens.

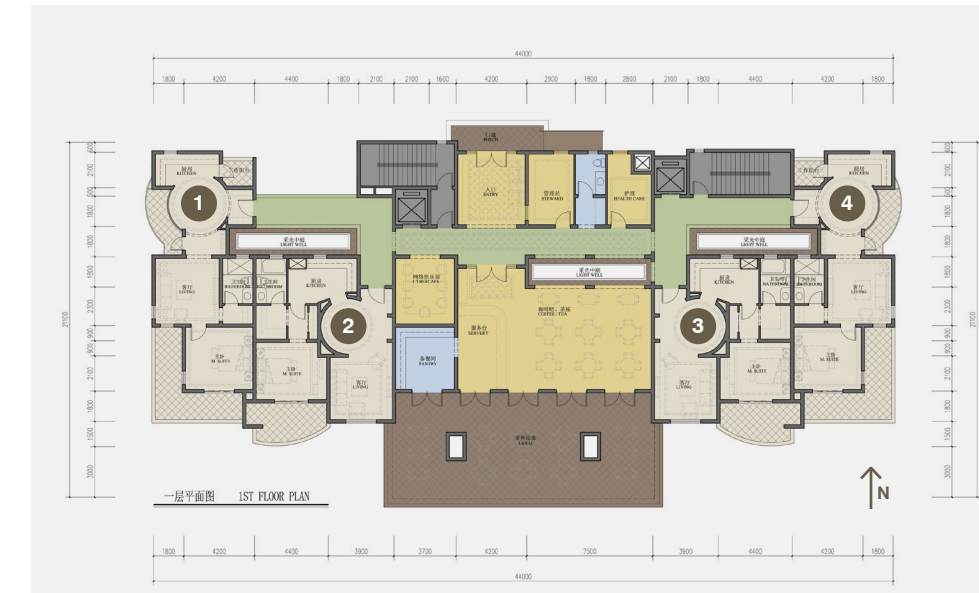


A panoramic view of social and fitness amenities surround Taiping Shenshi's Zhongming Lake with east-west connections to the canal waterfront of commercial/entertainment activities.



- Skilled Nursing Care
- Community Center
- Shopping / Retail
- Assisted Living
- Health Club
- Condomotel
- Executive Assisted Living
- Theater / Entertainment
- Commercial / Entertainment Promenade
- Independent Living

## Culturally Responsive and Senior-Appropriate Design



**Independent Living** is supported by a core of amenities and hospitality services from dining to health consultation, computer cafe and fitness. This model vertically mixes the main community-supporting functions across the bottom two floors of the building. Light wells span the vertical building core providing interior access to natural light, landscape relief and ventilation.

**Feng Shui**  
Feng Shui principles dictate balance and spatial relationships between elements. Thus, the desire for south-facing rooms creates building configurations that are more rectangular in form. Access to nature and natural light are also priorities.

**Kitchens**  
Whereas kitchens attract gathering in Western culture, they are utilitarian in Chinese culture largely due to cooking techniques and types of food served. Enclosed kitchens separated from dining are preferred.

**Scales of Gathering**  
Accommodating extended family and friends with a variety of private to large gathering spaces particularly for dining, is a common need.



### Community

Close proximity to all levels of care extend beyond Taiping Shenshi with immediate access to hospital care, emergency services and other healthcare resources within Zhou Pu. A culture of care and a safe environment for the elderly is the primary goal.

### Neighborhood

Planned social, educational and recreational programs and activities on a neighborhood-level, bring seniors together to build meaningful relationships and promote a healthy mind, body and soul.

### Home

Seniors have specific housing needs at a floor plan-level. Functional use of space and design details tailored to seniors' needs will make daily tasks easier and afford a more convenient, comfortable lifestyle.

# East Meets West

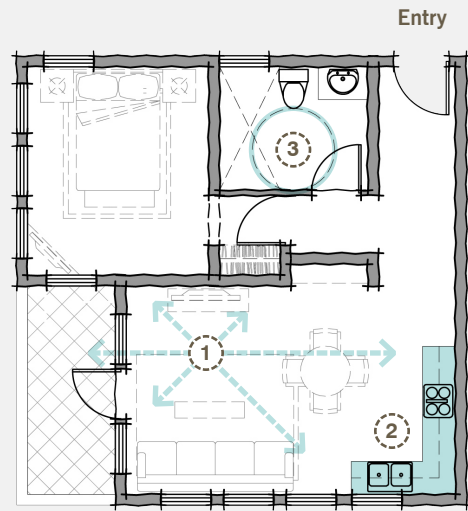
As a densely populated global city, metropolitan Shanghai is more accustomed to Western influences and modernization, such that they are more accepting of smaller residences, open kitchens and Western design styles.

At the floor plan-level, seniors require inherent functional conveniences that respond to their life stage needs. Residences of the independent living model were designed with these fundamental considerations (right):

## Senior-Appropriate Design

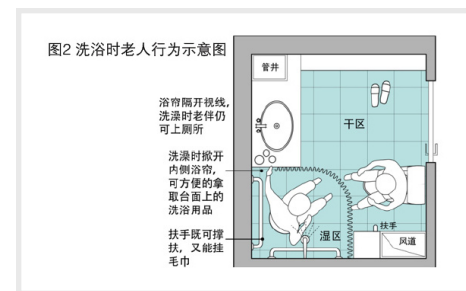
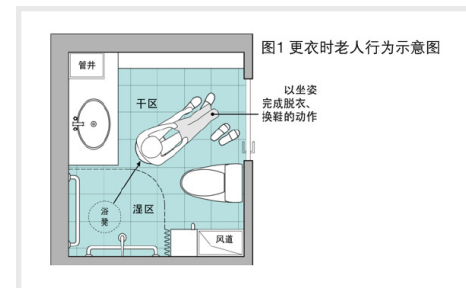
**1 Open Living** allows for smaller residences that are more flexible in use of space and easily maintainable for seniors.

**2 Smaller Kitchens** are acceptable for meals not taken in the dining hall.



**Unit A2** 58 sqm 1-bed / 1-bath  
 Livable Design is home-like, not institutional. Residences are wired for technology and have wide doorways and hallways for greater accessibility. Quality functional and aesthetic details and material finishes contribute to comfort and ease.

**3 Accessibility & Safety** in the bathroom are imperative to senior well-being. Handrails and the placement of roll-in showers (wet and dry separation) are key to bathroom ergonomics.



## Independent Living: Residential + Person-centered Models

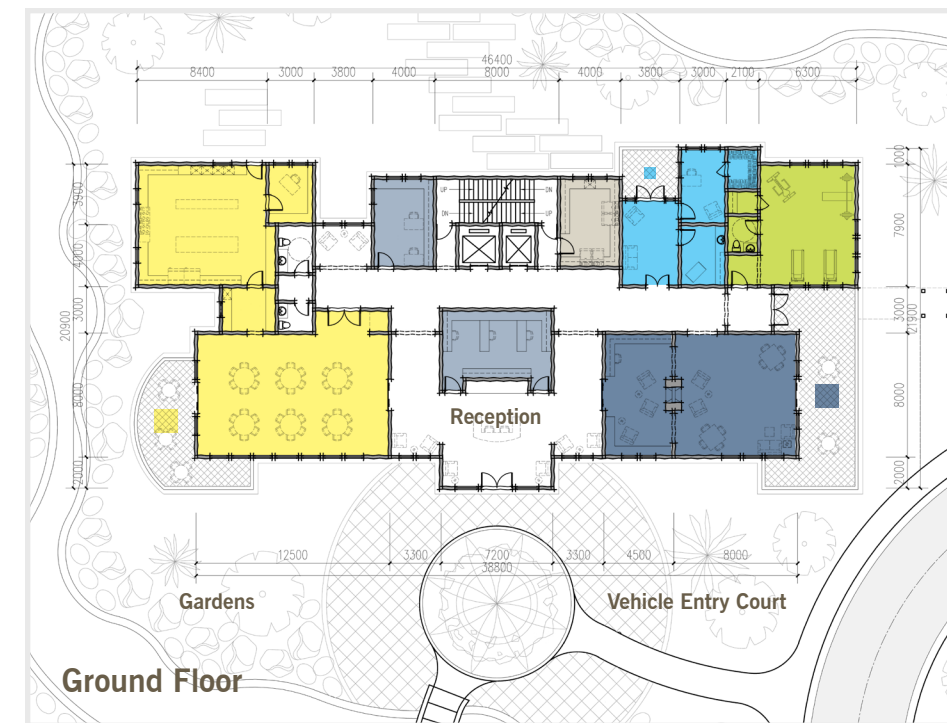


**Upper Floor (typical)**  
 Majority of units on each floor retain solar heat gain from the south-facing orientation, with the largest units positioned independently on the corners.

### UNIT PLANS

A1	56 sqm	1-bed / 1-bath
A2	58 sqm	1-bed / 1-bath
B	61 sqm	1-bed / 1-bath
C	77 sqm	2-bed / 1-bath
D	90 sqm	2-bed / 2-bath

**Upper Floors** are equipped with a health consultation room, game/reading lounge, and outdoor decks physically clustered around an elongated building. This configuration maximizes daylight to its interior corridor as well as provides outward views overlooking the community for all units. Individual decks are strategically integrated with privacy from neighboring units.



### COMMUNITY AMENITIES

Dining Hall / Kitchen
Library / Multipurpose Room
Health Clinic
Fitness Room
Administration / Office
Laundry

In this independent living model, the **Ground Floor** is dedicated entirely to community amenities and hospitality services with a welcoming lobby/reception area supported by larger accommodations for socializing, formal dining, fitness, and health/therapy. Parking is provided below grade.

# A haven for Shanghai's populous seniors



Shopping Center and Condotel share the canal waterfront with a bustling internal promenade.

## TAIPING SHENSHI

Senior living communities today, are responding with more—providing ease of access to healthcare and life enrichment.

### AMENITY-RICH AND VIBRANT

**Living in the Park** is characterized by a rich landscape and a variety of extensive green pockets, creeks, gardens, trails, and plazas, extending into each development enclave from Zhongming Lake.

Social, recreational and cultural opportunities are offered in the community center, health club and theater. A state-of-the-art fitness center, indoor pool, learning center, library, and classrooms mix into the nucleus of community wellness and life enrichment.

Cultural performances and exhibitions continue a culture of lifelong learning, education, and Chinese appreciation for the arts. Shopping, entertainment, and condotels provide visiting family and friends a hospitable place to stay on site for short or extended periods of visit. The pocket of vibrant activity

will support the collective Zhou Pu International Medical Park community.

### OPENING SOON

Addressing the health and life stages of its residents, Taiping Shenshi provides a full continuum of care for Shanghai's populous seniors.

**DAHLIN completed schematic design and construction documentation for approximately 286,000 square meters of total building area.**

**Taiping Shenshi is currently under construction with the first phase expected to open later this year. The community will be a model for the next generation of senior living.**

For project inquiries:  
**John M. Thatch**, 925-251-7200

For media inquiries:  
**Colette Aviles**, 925-251-7200



Multipurpose pathway



Tai Chi Square on Zhongming Lake



Passive gardens within development enclaves



Skilled Nursing Care



Independent Living on the canal waterfront



Condotel on the promenade