

Inspir Carnegie Hill

A Case Study in Urban Senior Living

HANDEL ARCHITECTS LLP



Inspir Carnegie Hill

New York, NY

Inspir Carnegie Hill is a high-rise residential assisted living building on Manhattan's Upper East Side, designed as a flagship property for Maplewood Senior Living's new brand. The project includes 215 units and approximately 40,000 SF of amenity space bridging between indoors and out. Design decisions were approached with the goal of providing Inspir residents with meaningful connections to nature, to the outdoors, to the city, and to their building's community.

This project represents a new building typology that integrates seniors to the vitality of the city with a focus on health, wellness and fostering community. As has been widely publicized, the world's older adult population is undergoing unprecedented growth and is expected to be one of the most significant social transformations of our time. Urban sites are particularly challenging to solve the needs of senior living; one that requires large contiguous floor plates where support functions and residential elements can coexist.

Our approach was to keep the wellness of the residents as the primary design driver, which was accomplished by creating spaces that connect residents to the outdoors, and provide spaces for wellness programs where residents can come together and be engaged both mentally and physically. We did this by implementing custom designed features throughout the building that support seniors' needs, including large sliding glass doors to the outdoors, planted interior and exterior gardens and terraces, easily-operable floor-to-ceiling windows, and custom furniture dimensioned specifically for seniors. The result is a balanced backdrop to nature, stimulating the senses and connecting residents to life.

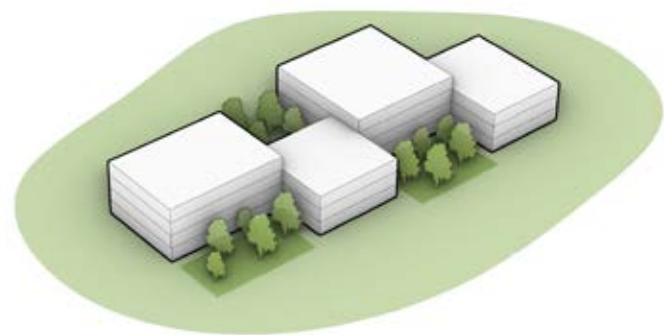
Inspir is located on Manhattan's Upper East Side, close to some of the city's best cultural institutions and top medical facilities.

Often, as people age, they tend to withdraw from social and cultural experiences. Inspir Carnegie Hill offers people the opportunity to stay close to the things they really love to do - whether it's museums, shopping, or just simply enjoying Central Park. Having so many top medical facilities nearby also provides peace of mind.



Suburban to Urban

Urban sites can be challenging to solve the operational needs of senior living; one that requires large contiguous floor plates where support functions and residential elements can coexist without a change in level (typical of suburban planning).



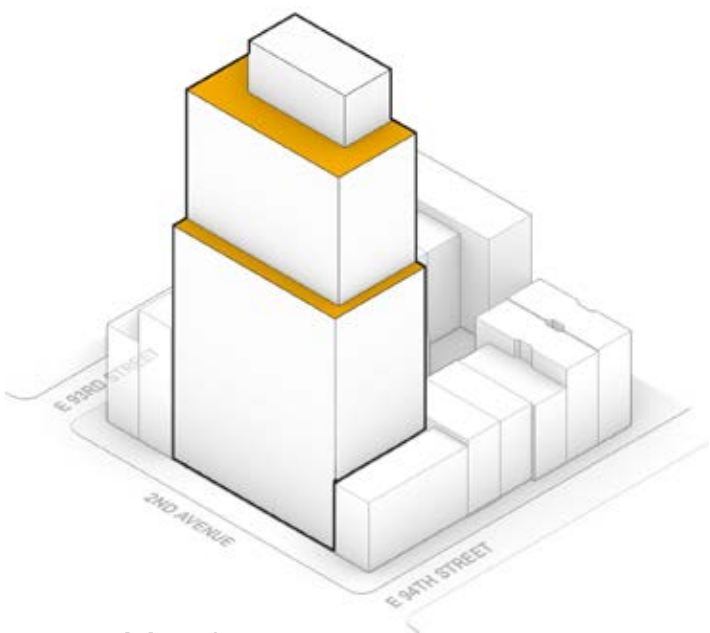
HORIZONTAL
SUBURBAN MODEL



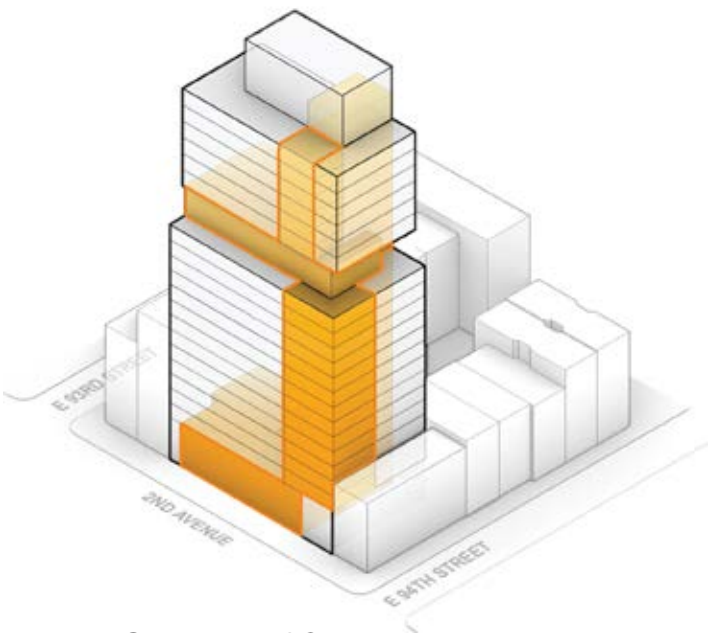
VERTICAL
NEW URBAN MODEL

Organizational Concept

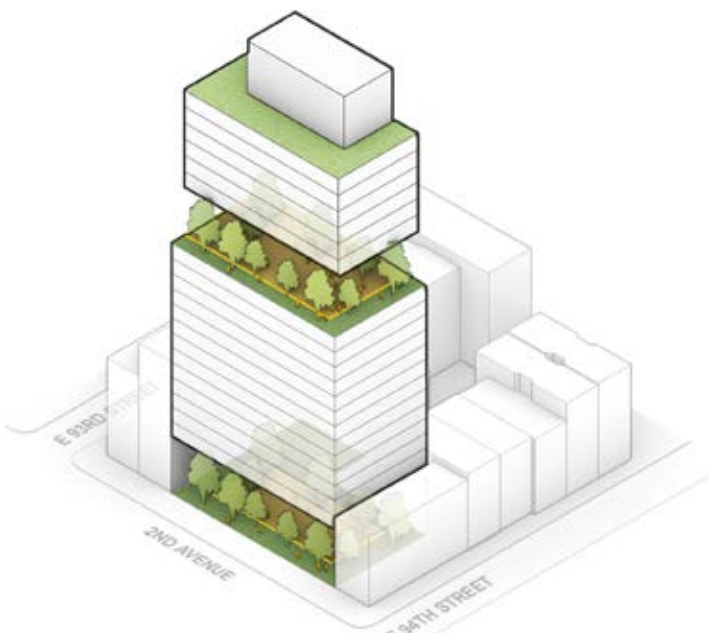
The program was organized to take advantage of the building’s setbacks, to maximize access to the outdoors, while also thoughtfully considering the varying levels of care provided throughout the building.



Massing



Communal Spaces



Green Space Amenity



Exterior Green Space

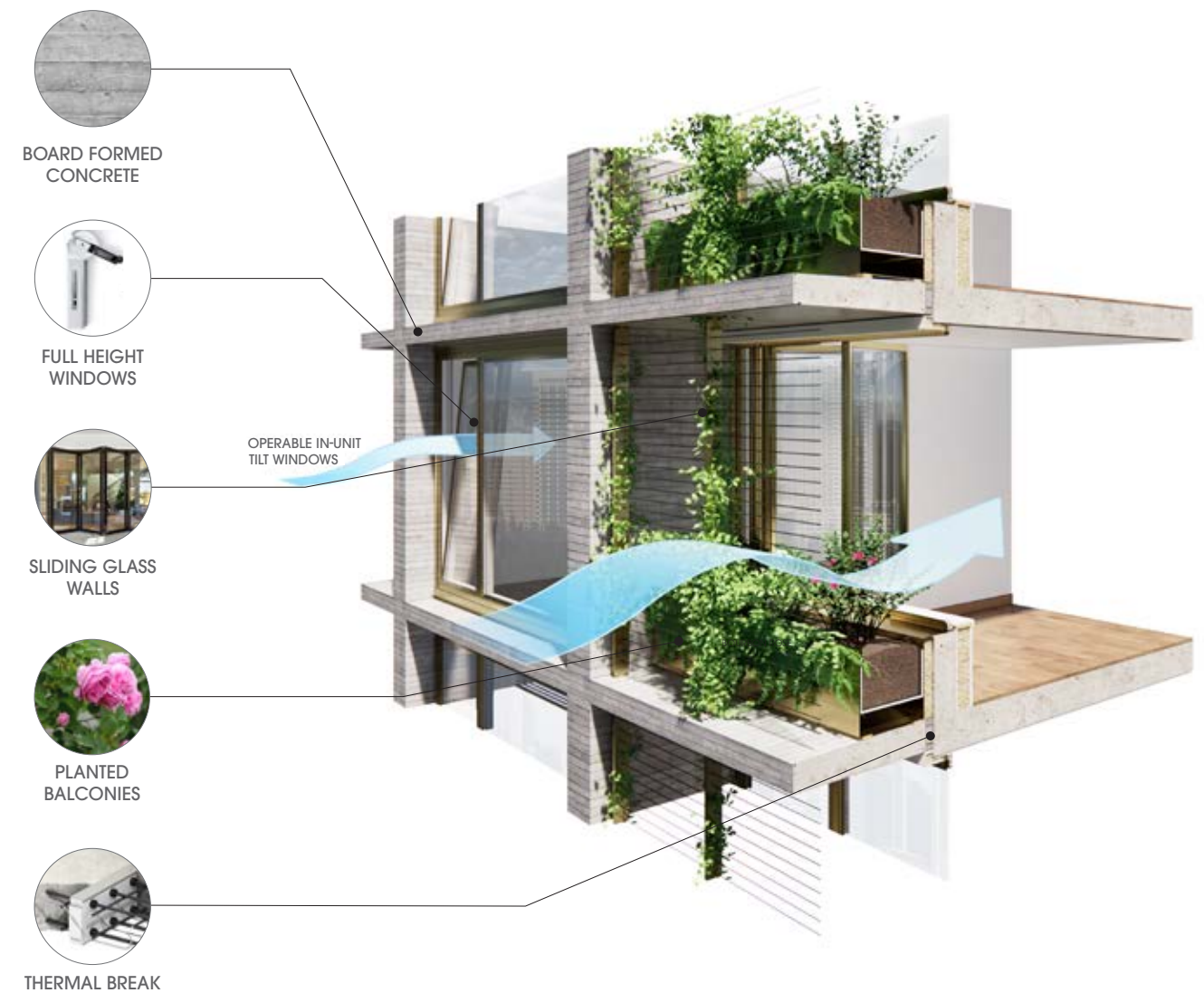
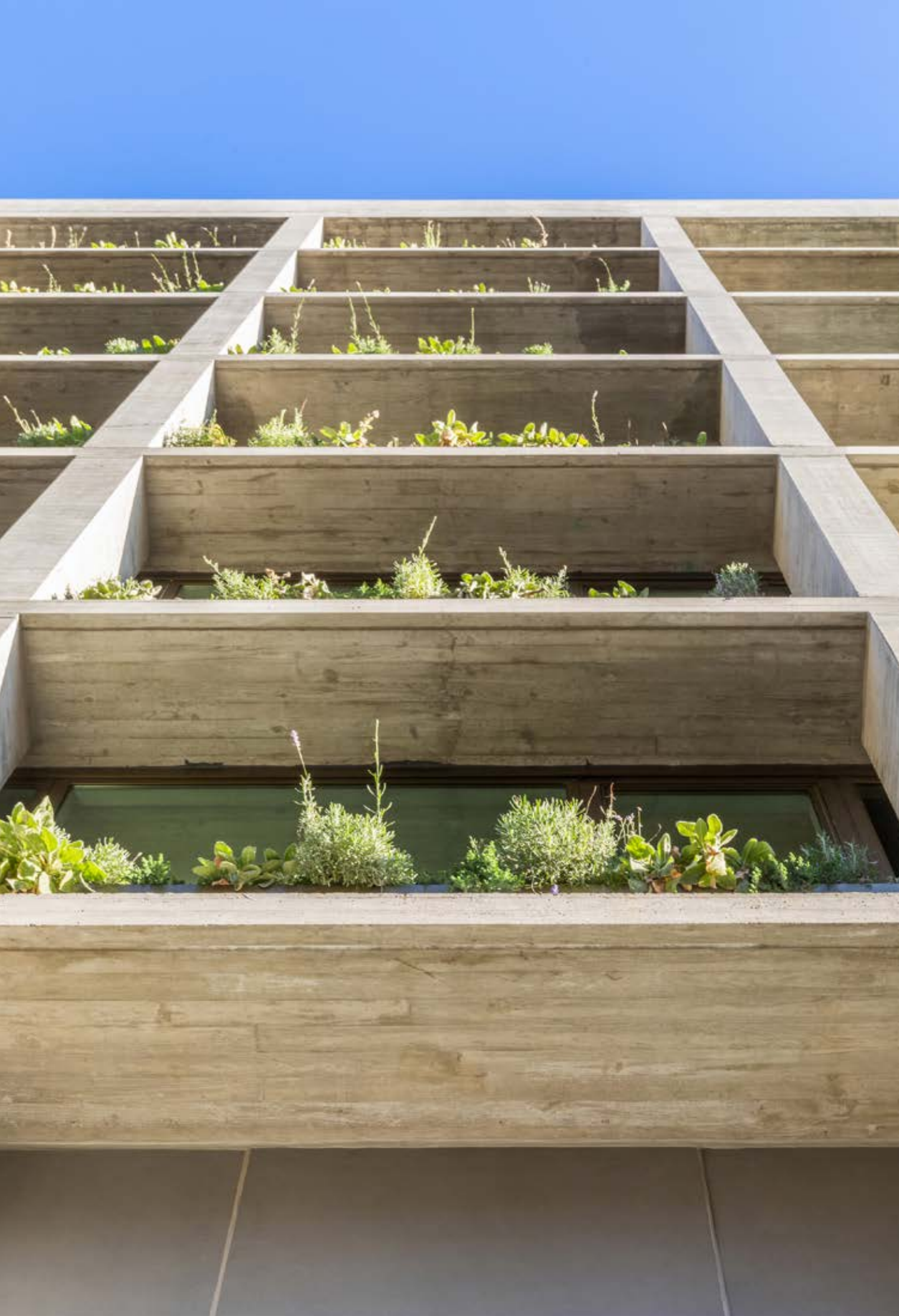
Program in Detail: The Stack

We began with the challenge of translating the typically horizontal operational program of an assisted living community into its vertical, urban context. The solution included organizing the communal program spaces around gardens and terraces to maximize access to the outdoors, while also thoughtfully considering the varying levels of care provided throughout the building.

Higher acuity care floors are located at the lower tier of the building where there are larger floorplates, allowing for more generous support spaces where they are needed most. Here, because of the residents’ limited movement there are gardens and planted terraces interspersed with living units, where residents can feel like they are sitting on a porch surrounded by climbing vines with views of the city beyond. Lower acuity care floors are located on the upper tier of the building above the building’s setback where less support is needed proximate to the residents’ units, and similarly, enjoy common spaces linked to gardens.

The Skypark – a multipurpose winter garden that seamlessly connects the inside with an expansive outdoor terrace through sliding walls – separates the different levels of care and creates a centralized common area for all.





Bringing the Outdoors In

Climbing vines and gardens are integral to the façade design creating a filter between inside and out and extend from the entrance canopy to the top of the building. It was the intent that residents of the building would become stewards of the building's gardens, and through a partnership with Rusk Rehabilitation's Horticultural Therapy Program at NYU Langone Health, the memory care residents have access to horticulture therapy in order to further reduce stress and improve cognitive function.

In addition to achieving LEED Silver, there are various sustainable design elements including structural thermal breaks at the building's slab edges to enhance building performance and thermal comfort. The horizontal projecting slabs contribute to the building's energy performance by reducing air-conditioning needs and provide glare-free natural light for seniors.

The Entry Experience

The lofty lobby space is entered from bustling 2nd Avenue through a set of custom teak wood doors framed by bronze planters and a planted entrance canopy above.

The building's board formed concrete exterior is transformed to boarded oak wood interior creating a subtle transition while the rich planted entrance canopy extends over the interior entrance vestibule further bridging between inside and out.



Ground & Second Level

- ① ENTRY LOBBY
- ② SALON / SPA
- ③ LIBRARY
- ④ SCREENING ROOM
- ⑤ ART STUDIO / POTTING STUDIO
- ⑥ THE FARM / GARDEN
- ⑦ CONFERENCE ROOM
- ⑧ ADMIN / NURSING SUITE
- ⑨ PLANTED CANOPY





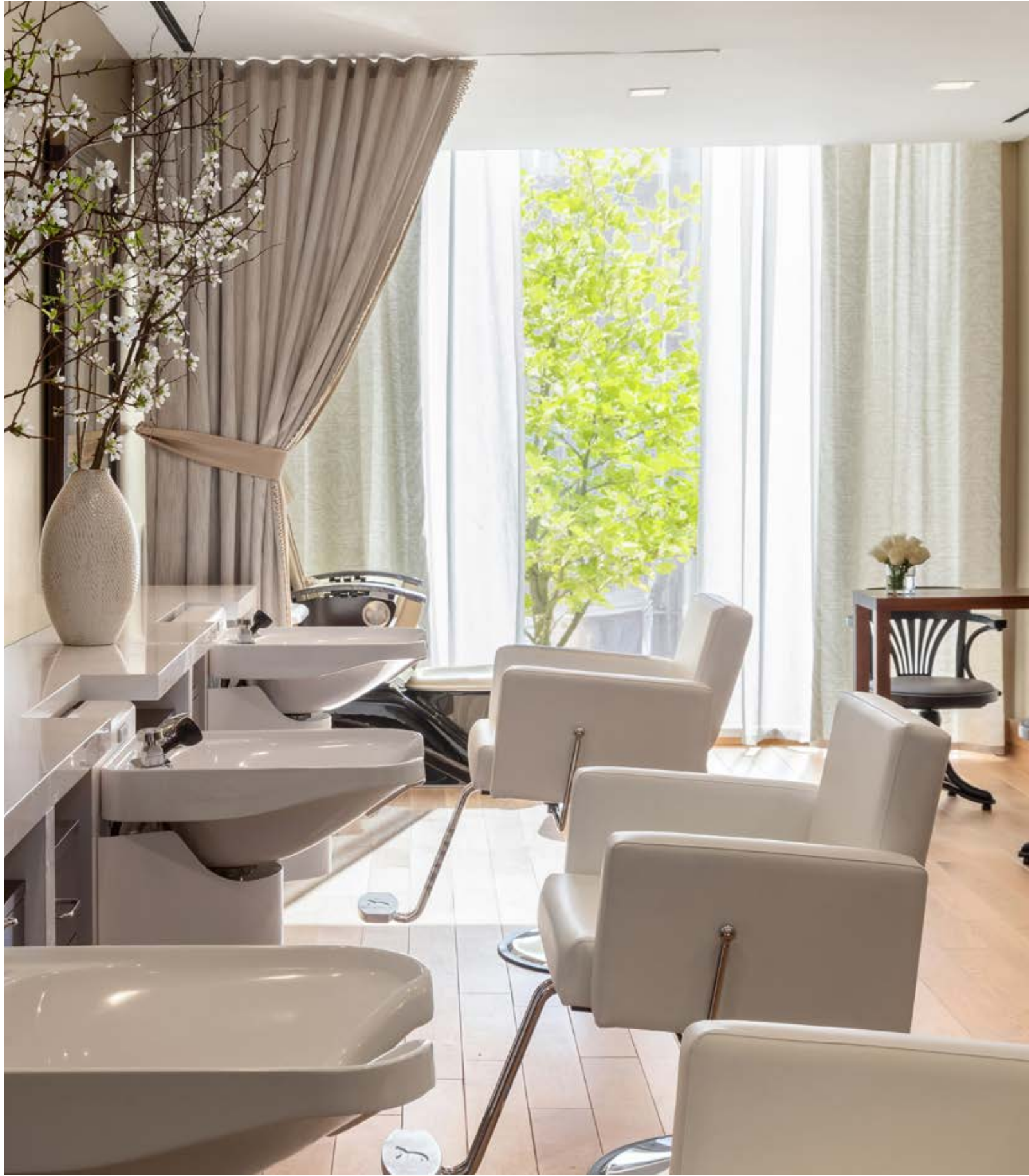


Interiors were designed as a backdrop to nature

The interiors are simple and modern in form, yet luxurious with hand-crafted details and furnishings. Building on the connections between inside and out, each space is layered with materials that provide a warm compliment to the building exterior's concrete structure. Accent walls of bright, naturally colored stones act as integrated wayfinding landmarks for residents with impaired vision. Intimate spaces for dining, leisure, and activity are defined by texture and detail using custom-made light fixtures, timeless hand-crafted furniture dimensioned specifically for seniors promoting mobility, and curated artwork.



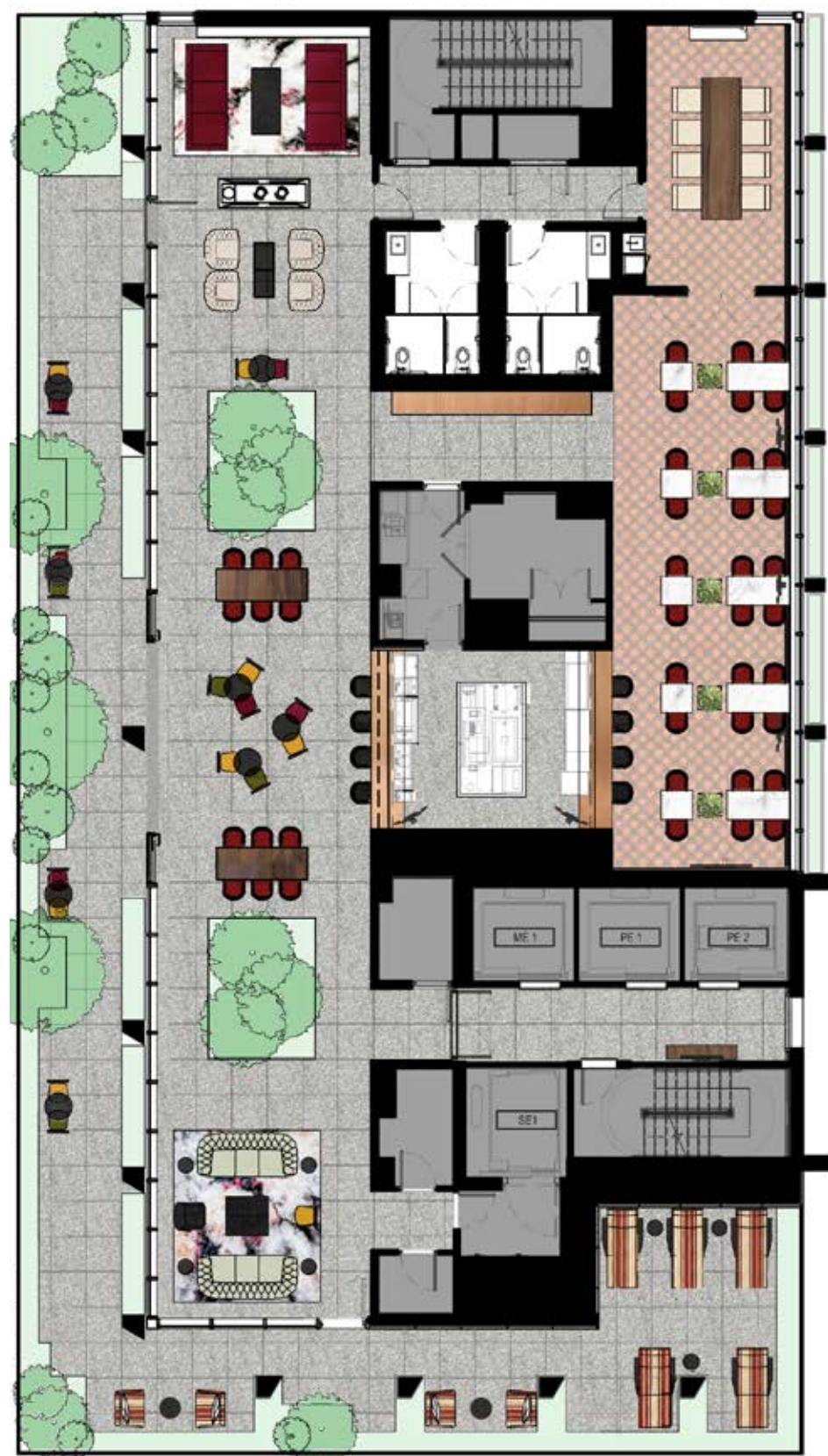




Skypark
Amenity Level 16

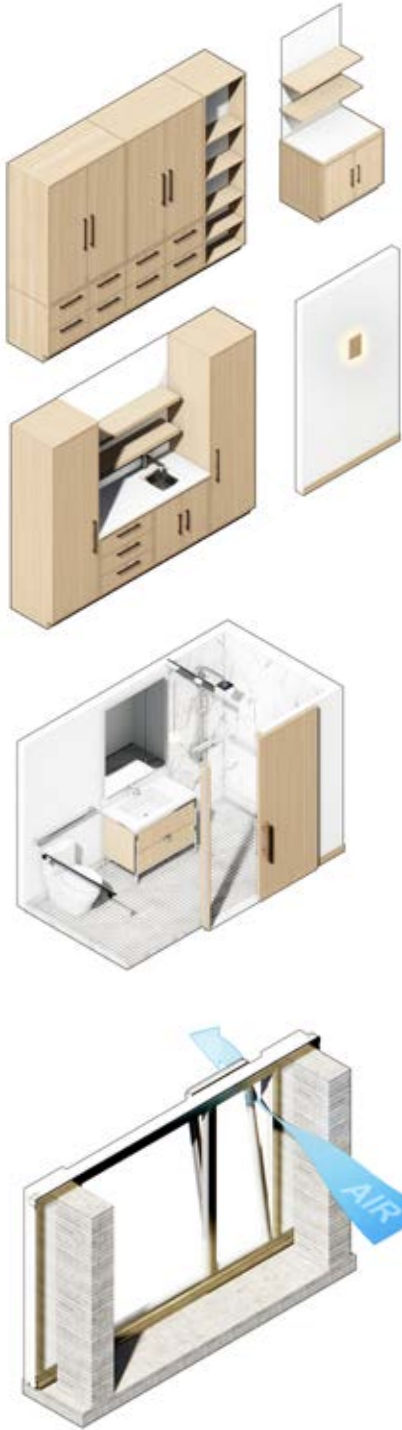
- ① SKY PARK
- ② BAR
- ③ PRIVATE DINING ROOM
- ④ BREAKFAST ROOM
- ⑤ TERRACE
- ⑥ SUN PORCH







Optimizing Apartments for Seniors



INTERIORS

- 1. Built-in white oak wardrobes, pantries and mirrored display niches allow residents to personalize their spaces
- 2. Nightlight, turns on automatically at night for safety and wayfinding
- 3. Luxurious bathrooms, finished in calacatta gold marble complementing the surrounding oak and white quartz materials.

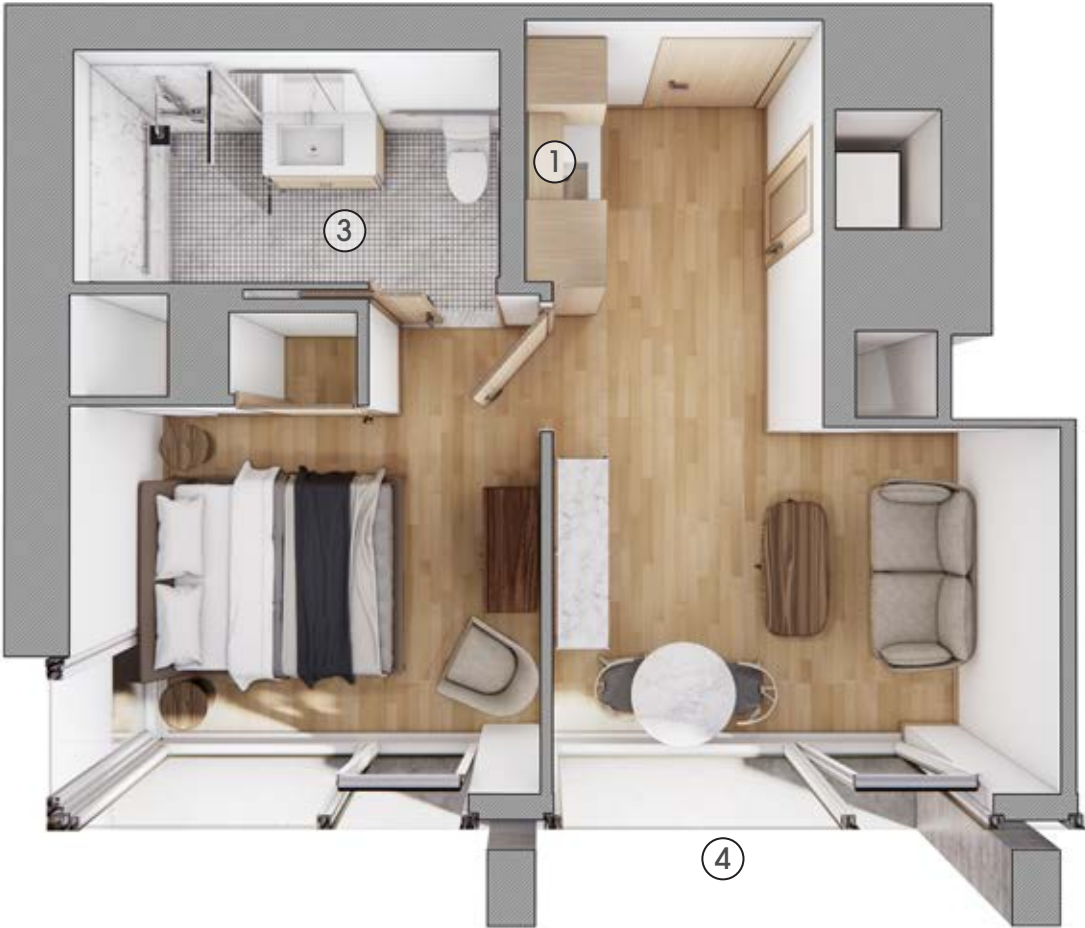
Additional features such as a barn door style entry allow for easy access, and ADA compliant assist to stand bathroom rails provided for safety

WELLNESS ENVIRONMENT

- 4. Floor-to-ceiling tilt-in windows maximize natural light, with easy to operate crank hardware allowing residents access to fresh air
- Window shades & shear drapes allow residents to control light quality



STUDIO



1-BEDROOM



Unit Interiors

Unit interiors were designed with purposeful accommodations including: custom millwork, floor-to-ceiling windows with easy to operate crank hardware, window shades and sheer drapes allowing residents the ability to control their own light and fresh air.

Recent Recognition

- Best Assisted Living Design of 2021, Senior Housing News Awards
- Winner, Best of Year Award, Interior Design Magazine
- Award of Merit - Society of American Registered Architects National
- Silver Award, Development and Design: Senior Housing - Multi-Housing News Design Excellence Awards
- Award of Excellence - Society of American Registered Architects New York
- Category Winner, Long-term Care - IIDA Healthcare Design Awards
- Finalist: Best Senior Living - Gold Key Awards for Excellence in Hospitality Design - Boutique Design Magazine
- Honoree, Large Health + Wellness - NYCxDESIGN Awards



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