

WELL beyond COVID CHARRETTE: STAFF RESPITE

The Team

Jon Sell

Elizabeth Ochal

Diana Loudon

Lauren Michaels

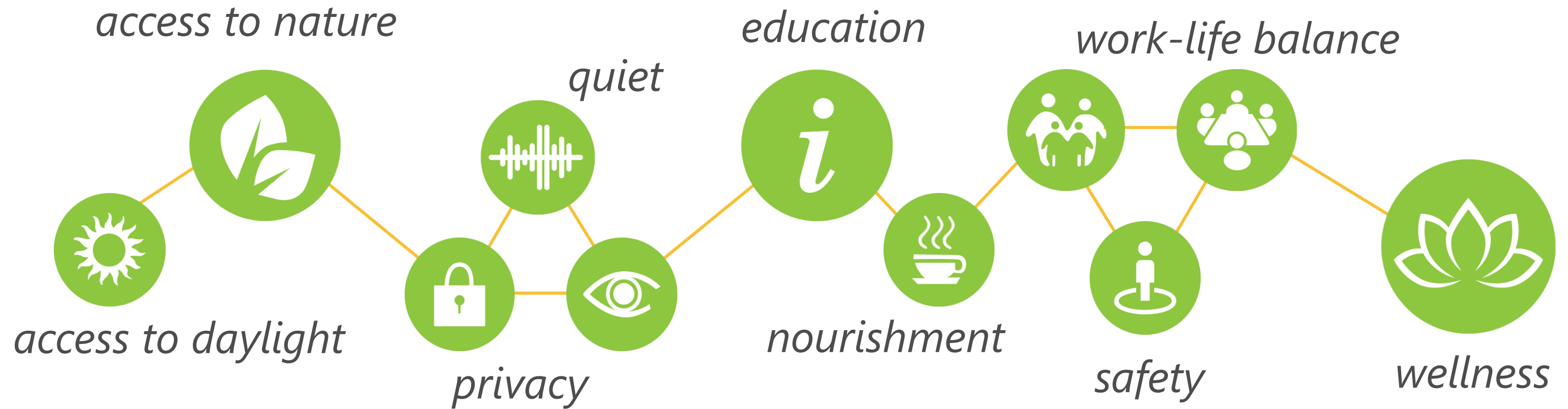
respite *noun*

re·spite | \ 're-spət also ri-'spīt, British usually 're-,spīt \

1. A period of temporary delay
2. An interval of rest or relief

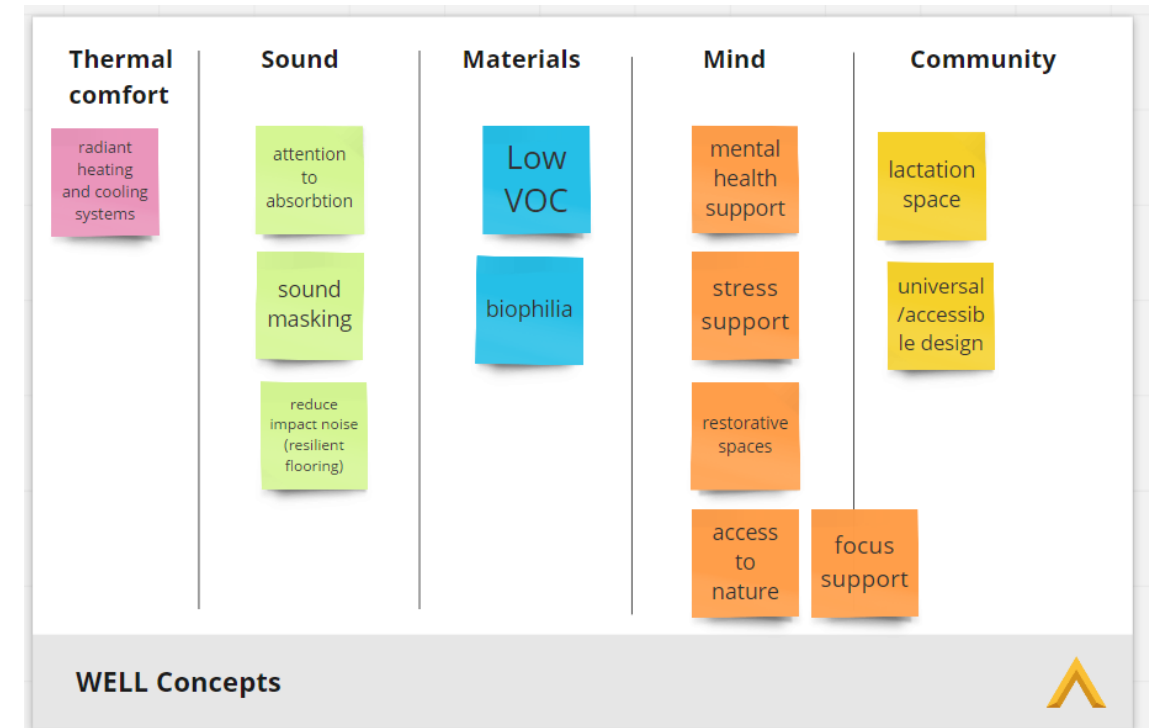
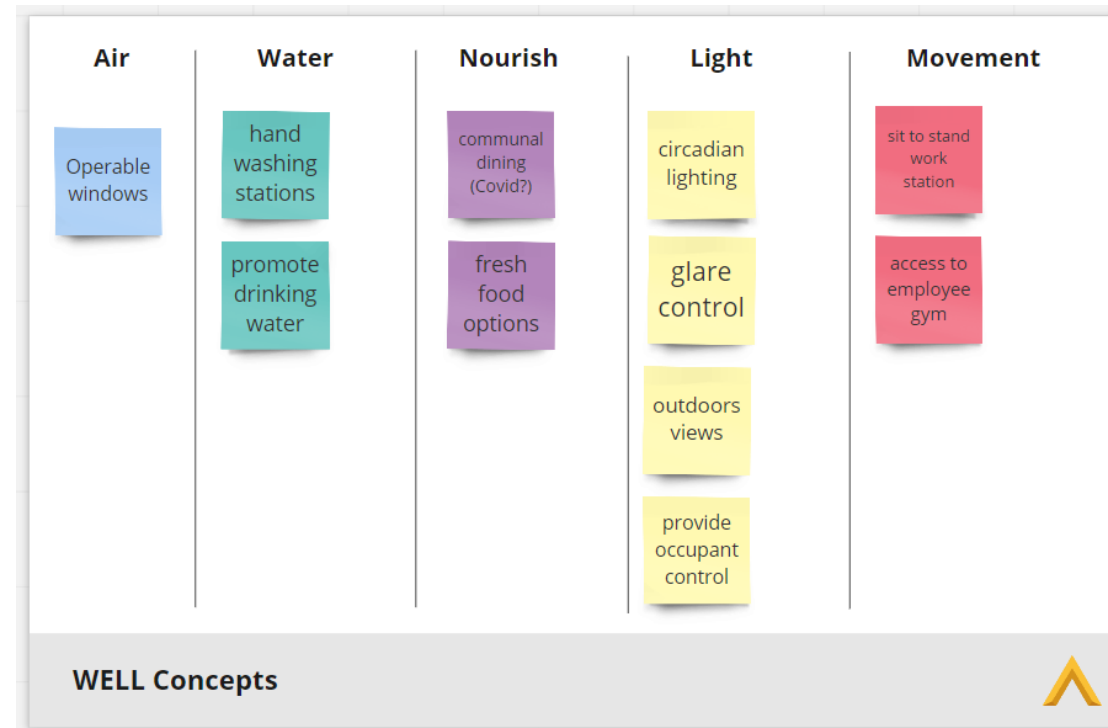


FEATURES / AMENITIES THAT CONTRIBUTE TO RESPITE



HOW DO THESE CONCEPTS TRANSLATE TO THE BUILT ENVIRONMENT?

living
wall



ESSENTIAL LOUNGE & PANTRY

*"Often when we feel depleted, we reach for a cup of coffee, but research suggests a better way to get **energized** is to connect with **nature**"*

Journal of Environmental Psychology, 2010 issue

PLANNING COMPONENTS:

- Variety of Seating Types
- Kitchenette
- Drink/Beverage Bar
- Handwashing Station
- Vending
- Storage
- Outdoor Space

PLANNING CONSIDERATIONS:

- Located at perimeter for natural light / access to outdoor space
- Direct access to Pantry for quick meal prep
- One-way flow
- Physical separation of Pantry & Lounge
- When possible, eliminate doors in favor of cased openings
- Adjacency to staff toilets & lockers

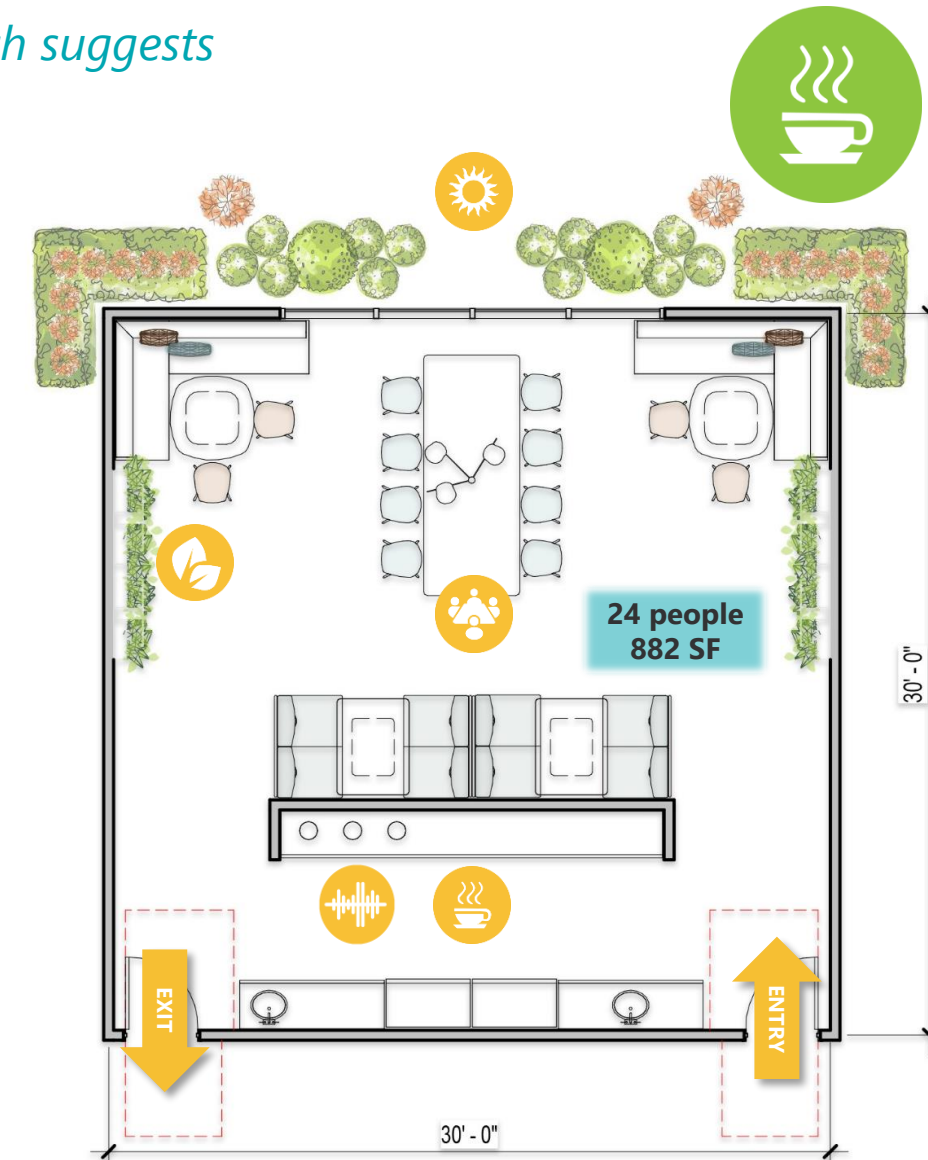
INSPIRATION:

SIZING:

- Lounge: 24 SF/ person
- Pantry: 12 SF/ person
- Recommend 50% occupancy during pandemic

DESIGN FEATURES:

- High ceilings
- Indirect dimmable lighting
- Reconfigurable furniture with private & group seating zones
- Soft seating & wall / ceiling finishes with acoustical properties
- Cleanable surfaces
- Living wall or potted plants
- Neutral color palette with uplifting accent colors
- Biophilia inspired finishes
- On-Brand wall graphics / wallcovering



RESEARCH LINKS

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3072911/>

<https://www.hfmmagazine.com/articles/3161-health-system-studies-therapy-gardens-affect-on-icu-nurses>

Foster mindful eating – create dedicated eating spaces

HOLISTIC
WELLNESS STUDIO / MULTI-PURPOSE ROOM

"87% of workers would like their current employer to offer healthier workspace benefits, such as wellness rooms, company fitness benefits & healthy lunch options."

Forbes, 2019



PLANNING COMPONENTS:

- TV's / Audio Visual Equipment
- Storage Room for equipment / folding furniture
- Recessed water bottle filling station

PLANNING CONSIDERATIONS:

- Open floor plan for flexibility in use of space
- Mobile furniture
- Natural light
- Adjacency / Access to outdoor space / garden
- One-way flow
- Sound attenuation for group activities
- Usable wall space for mirrors, ballet bar & wall-hung equipment
- Handwashing station within the room if room location is not near a staff toilet

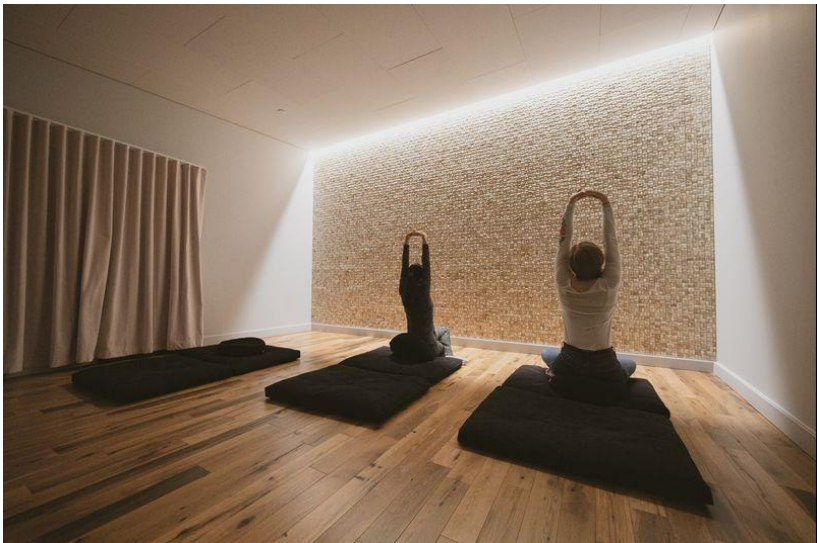
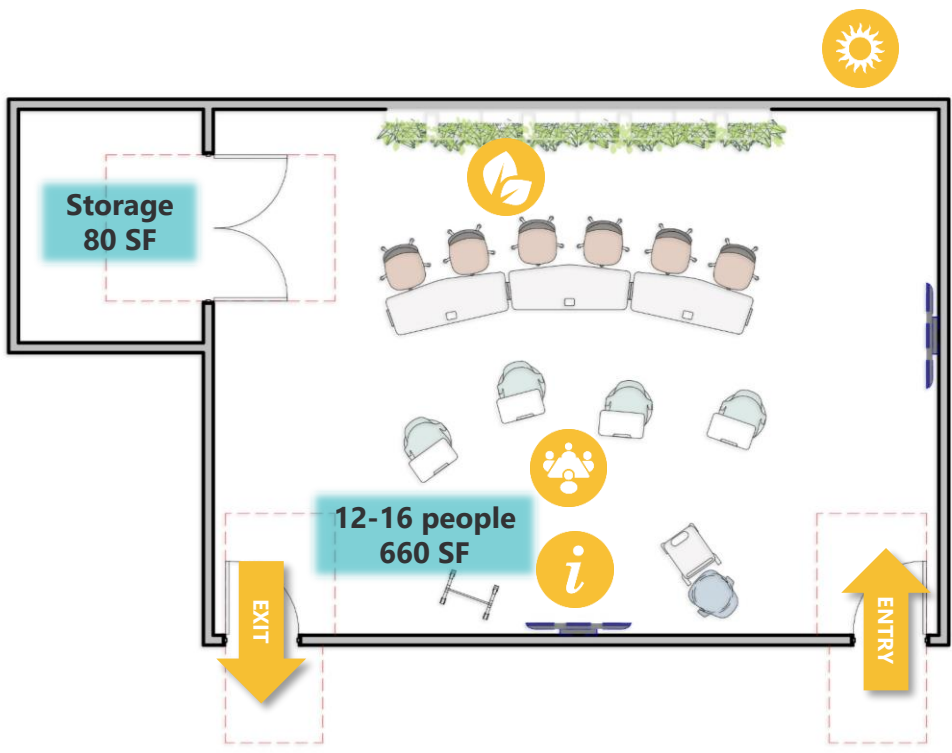
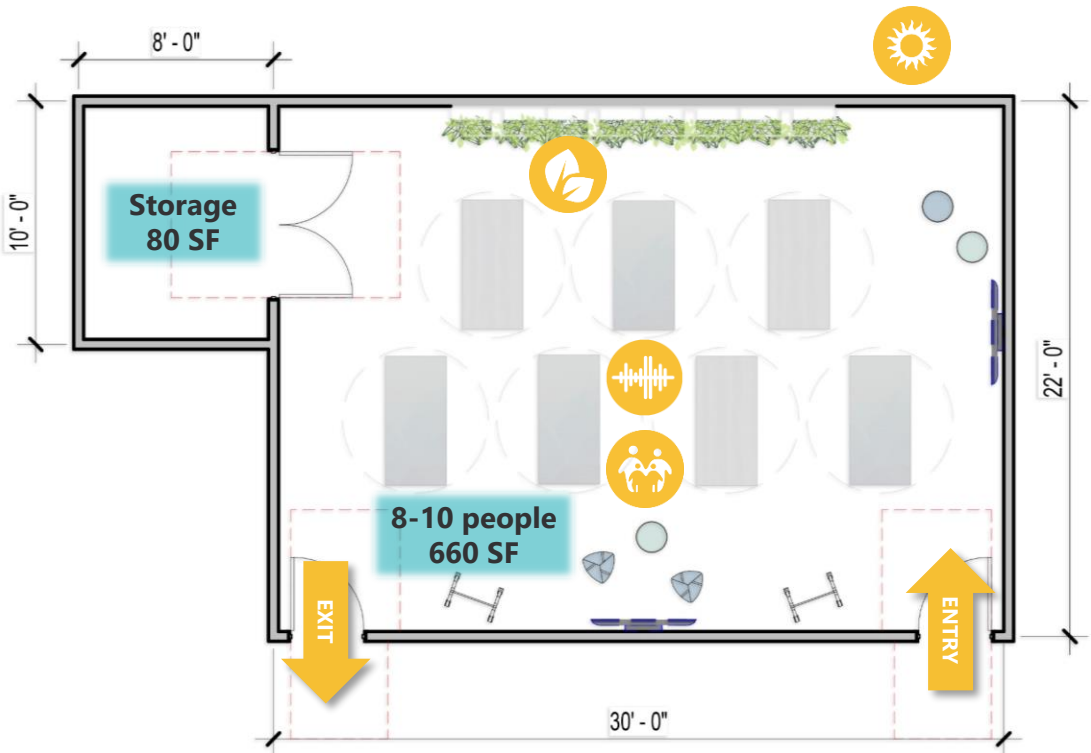
SIZING:

- 40-70 SF/ person
- Recommend 50% occupancy during pandemic

DESIGN FEATURES:

- High Ceiling
- Ceiling clouds / baffles
- Dimmable / Tunable indirect lighting
- Sheet flooring with 7mm thickness; sports flooring
- Cleanable surfaces
- Calming color tones & patterns
- 'Natural' materials & textures
- Living wall or potted plants
- Biophilia inspired finishes
- Entrance could be patterned frosted glass or resin for translucency while maintaining privacy

INSPIRATION:



RESEARCH LINKS

<https://www.ehstoday.com/archive/article/21904984/study-finds-employee-wellness-plans-increase-productivity>

<https://time.com/4624276/yoga-workplace-mindfulness/>

Incorporate mindfulness practices into the workplace experience

ESSENTIAL
LOCKERS & TOILETS

PLANNING COMPONENTS:

- Lockers – large 2 tier or Z configuration
- Bench (see ADA requirements)
- Toilet(s) w/ Shower
- Toilet(s)
- Closet(s) – coats, EVS, etc.

PLANNING CONSIDERATIONS

- Direct access from staff corridor
- Layout should allow for privacy in locker room(s), ideally without door
- Near by Staff Lounge or Wellness Studio

SIZING:

- Lockers: 6 SF / person
- Toilet: 64 SF
- Toilet w/ Shower: 72 SF

DESIGN FEATURES

- Bright, inviting materials

CONFIGURATIONS

