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# Senior & Therapeutic Recreation Programming

## Aging & Disability Services, New Program Site Proposal

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COUNCIL WORK SESSION

JUNE 8, 2021

PRESENTED BY PARKS AND RECREATION, AGING AND DISABILITY  
SERVICES AND GENERAL SERVICES

# Aging & Disability Services, New Program Site

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- Seniors outgrowing current center
  - Equipped Fitness/Wellness in high demand
- Therapeutic Recreation needs permanent home and use of facilities that can accommodate accessible and inclusive programming
- Shared use increases utilization, reduces costs
- Proposed site

# Lexington Senior Center

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- Opened September 2016
- 195 Life Lane, within Idle Hour Park
- 34,000 square feet
- 12 Full-Time Staff
- 8 Part-Time Staff
- 368 average daily participants
- 1,552 average weekly participants



# 2019 Nearing Capacity

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57 Weekly Fitness/Wellness Classes

*73.9% of all classes have reached capacity*

26 Weekly Art, Music, Performance Classes

*91.8% of all classes have reached capacity*

15 Monthly Educational Classes

368 Average Daily Attendance

1,552 Average weekly uses

94,677 check ins

125 new seniors joined each month

89 of the 249 days of programming we had more than 350 unique participants, topping out at 425 many days



# Who we serve

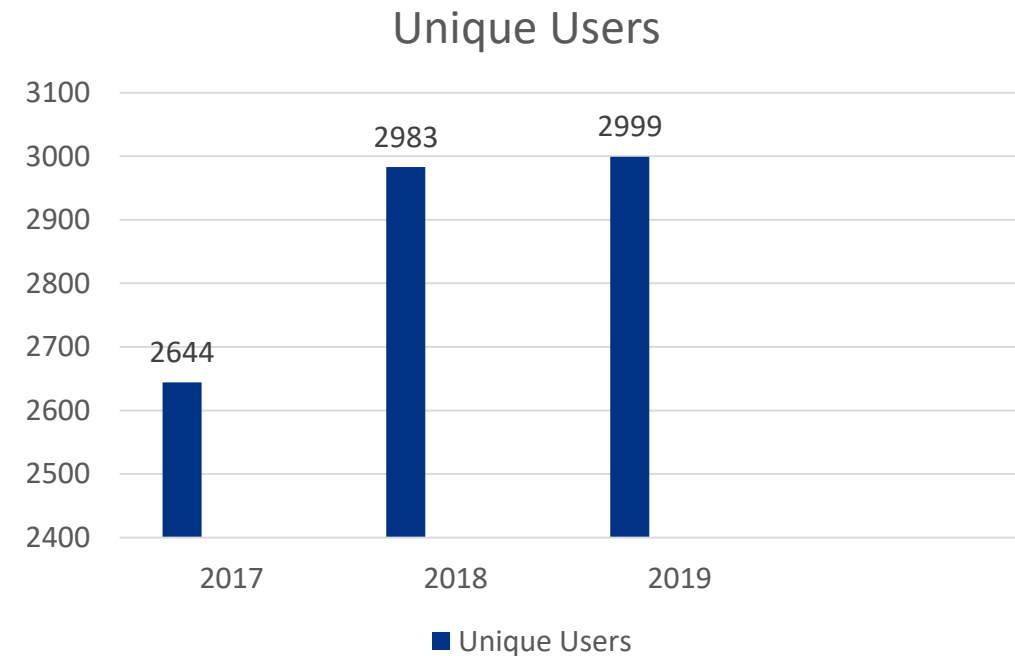
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## Since 2017:

- Largest number of participants are 70-79 years, 7.2% over age 85
- 72.2% are female
- 26.6% are male
- 26% live alone
- 10.6% African American
- 0.2% Arabic
- 3.1% Asian
- 0.6% Hispanic
- 0.2% Native American
- 69.9% Caucasian
- 15.7% Unknown

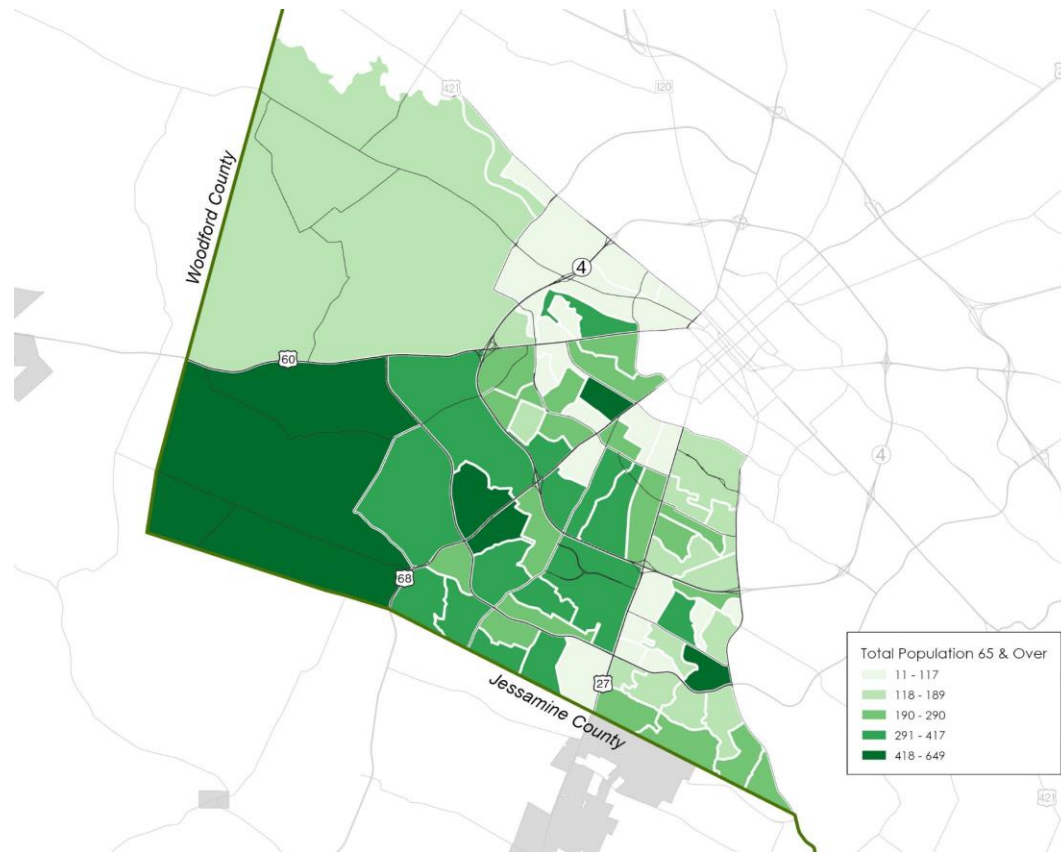
Seniors represent every zip code in Lexington

8 different languages are spoken



# Who we serve

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Total Population by Census Block Group in Lexington, KY Area from inside New Circle Rd to the county line Bounded by Leestown Rd and Tates Creek Rd

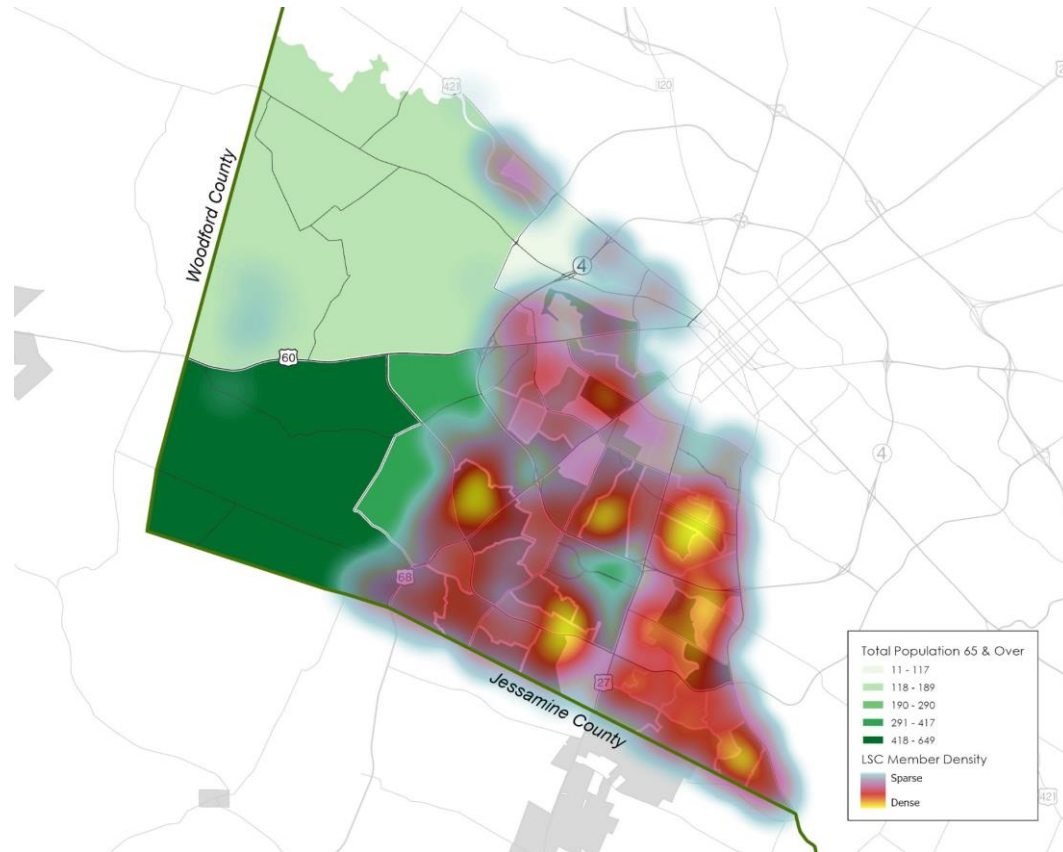
Total Population 65 and older: **16,625**

Data Sources:

- LFUCG GIS
- Division of Aging & Disability Services
- 2014-2018 American Community Survey

# Who we serve

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Total Population 65 and older: **16,625**

1,118 of the current Aging Services participants live in this area

# Senior Programming

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## Fitness Programming Greatest Demand

- *1,866 people participated in Fitness 65,962 times*
  - *1,602 average number of times equipped fitness used per month*
- *1,456 people participated in Recreation 29,161 times*
- *1,218 people participated in Education 5,955 times*





# Therapeutic Recreation (TR)

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Provides services to individuals with disabilities and/or disabling conditions as covered under the Americans with Disabilities Act (ADA).

Programs were initiated in 1955 - grant from the Joseph P. Kennedy Jr. Foundation.

Lexington Parks and Recreation TR is one (1) of only three (3) programs in Kentucky run by a Parks and Recreation division.

Recreation Therapy is an integral component of the health, wellness, recovery and quality of life for the residents of the City of Lexington.

TR Programs use a variety of techniques including recreation and leisure activities, arts, crafts, therapeutically trained animals, sports, games, dance, movement, exercise, drama, music, and community outings.



# Therapeutic Recreation (TR)

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TR Programs engage a variety of individual clients/participants and groups, ages 5 to 65 including those with:

- Intellectual and developmental disabilities, i.e., Down syndrome and Autism Spectrum Disorders
- Acute or chronic illnesses or pain, i.e., cancer and surgeries
- Impairments or injuries due to aging or accidents, i.e., stroke, spinal cord injuries, Alzheimer's disease or other dementias, traumatic brain injury, Parkinson's disease
- Auditory, visual, or speech impairments
- Learning disabilities, i.e., language or motor difficulties
- Mental illnesses, i.e., post-traumatic stress disorder, depression, emotional/behavioral disorders, substance use



# Who we serve

## Therapeutic Recreation Participant Density Map

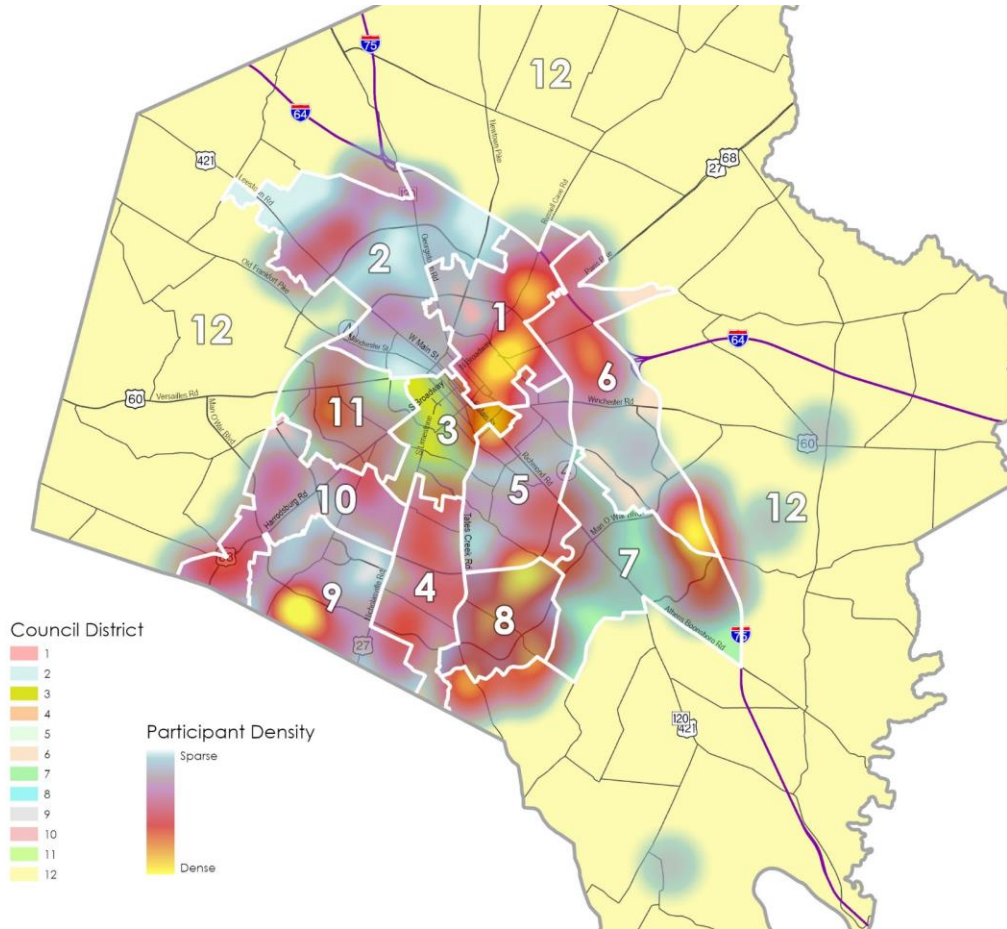
Total Participants: **203\***

*\*within Fayette County*

- 15.91% African American
- 3.41% Hispanic
- 68.18% Caucasian
- 12.5% Other/Unknown/Did not self-identify

### Data Sources:

- LFUCG GIS
- Division of Parks & Recreation



# Therapeutic Recreation (TR)

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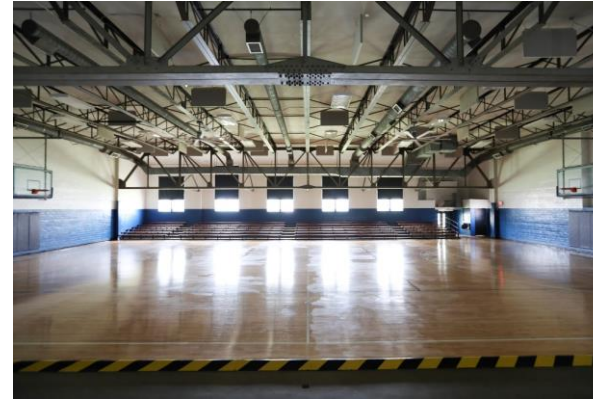
## History

- First programs - Kamp Kennedy (which is now Castlewood TR Camp) and bowling
- 1979 Woodland Day Camp started, aquatics program followed late 1980s

## Today

- 50 different programs
- 2 full-time staff, 30 seasonal staff annually
- More than 30 parents, volunteers, and students annually
- 2019 offered 1,586 in-person and program experiences to 200 unique individuals
- 2020 offered 577 in-person and 7,608 Zoom experiences to 176 unique individuals
- 2021 programming environment remains similar to 1955 with minimal architectural changes to meet the needs of the participants.

# Current Programming Space Challenges

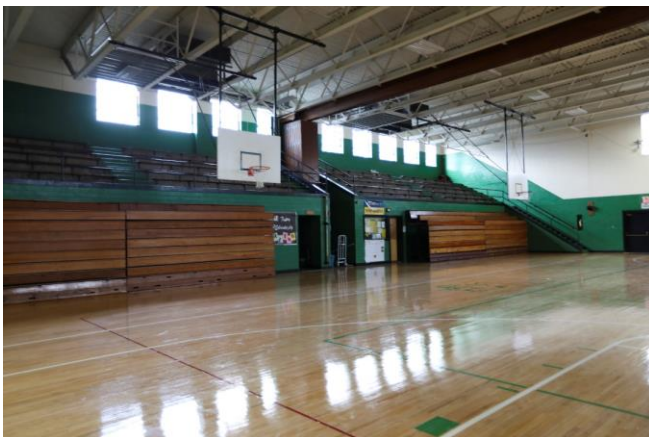


## Space challenges include:

- Use of historic building for programming limits the number of structural changes that can be made.
- Using space in the historical barn structure including the attic for storage of supplies and a refrigerator/freezer for lunches and medications
- Shared space in the Castlewood Community Center maintenance garage for changing and personal care needs of participants
- Shared space of gymnasium in the Castlewood Community Center with loud acoustics. Attempts have been made to reduce the noise inside the gymnasium for those participants who have hearing sensitivities by installing acoustic sound absorbing panels purchased through a grant.

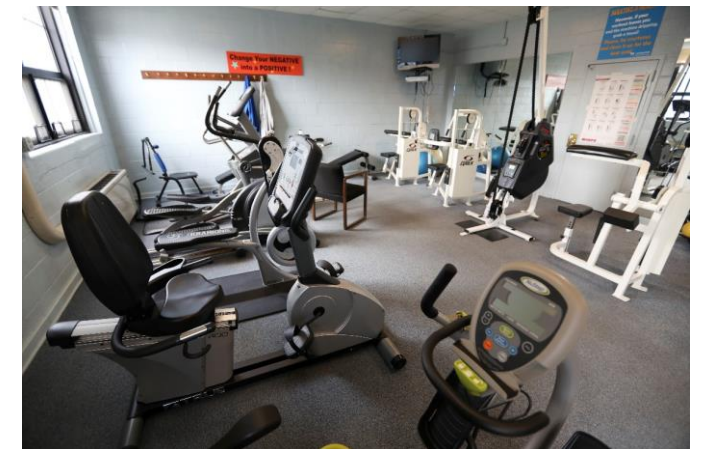


# Current Programming Space Challenges



## Space Challenges include:

- Use of historic building for programming limits the number of structural changes that can be made.
- Limited use of shared weight room for individuals in wheelchairs due to inaccessibility, narrow entrance and equipment too close together.
- Limited/no use of elevator for individuals in large power chairs due to small space
- No accessible restroom on 2<sup>nd</sup> and 3<sup>rd</sup> floors where TR office is located-only accessible location in on the 1<sup>st</sup> floor.
- Loud acoustics in shared gymnasium for participants with sensitive hearing.
- Small shared kitchen on 1<sup>st</sup> floor used for programs such as cooking, adult camp, small group activities, etc.
- Minimal air cooling available on first floor for TR participants who cannot regulate body temperatures in summer heat.
- Shared game and activity room are crowded and not easily accessed by individuals in wheelchairs

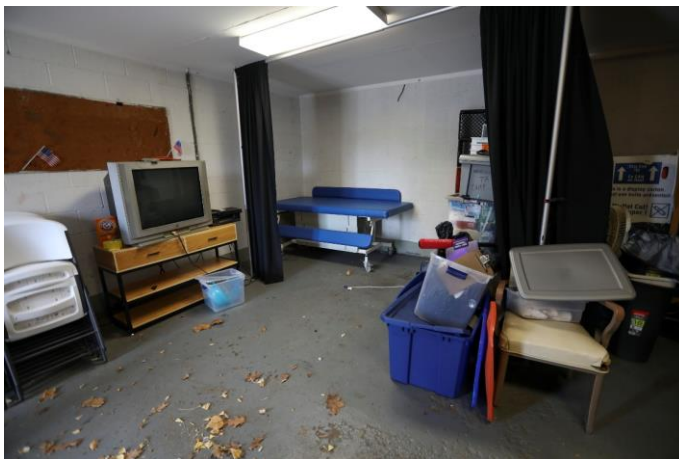


# Current Programming Space Challenges



## Space Challenges Include:

- Densely populated small park does not allow for groups to spread out safely.
- Hazardous proximity to skate park area for participants with poor safety awareness or vision issues
- Aging physical condition of camp office space and changing area not optimal for programming needs.
- Limited area for use in case of inclement weather. Must contract with area church to use basement in inclement weather conditions.



# Therapeutic Recreation (TR)

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- Current space challenges require that TR programs be offered at a variety of community based locations year round.
- These locations include but are not limited to various parks, community centers and partner locations including YMCA, Lexington Senior Center, Southland Bowling, and the city's golf courses.
- TR Summer Camps are offered at Woodland Park, Castlewood Park, and Dunbar Community Center.
- Lexington Parks and Recreation provides inclusive programming for all their constituents which is demonstrated by the TR Programs in their use of all the resources offered throughout the city and beyond.

## **Types of programs:**

Archery  
Adapted Aquatics/Kayaking  
Therapeutic Horsemanship  
Hand Drumming/Piano Lessons/Choir  
Wheelchair Sports  
Zumba/Yoga  
Miracle League Sports  
Adult Fitness  
Gardening

## **Classes include:**

Cooking  
Dance  
Talent Shows  
Social Artworking  
Sign Language Education  
Bingo/Think Outside the Box  
Journaling  
Life Skills





# Senior Wellness & Recreation Therapy Center

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Proposing a space to be utilized by both seniors and TR participants

- Maximize opportunities for both groups
- Expand fitness opportunities and classrooms for senior programming
- Provide inclusive and more accessible environment for TR programming
- Provide permanent home for TR programming

*All program space will be built with universal design principles,  
all furnishings will be suitable for all populations*



# Senior Wellness & Recreation Therapy Center

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This new facility in the beautiful 52-acre Shillito Park will serve these two unique user groups in a space that is accessible to all.

With creative programming, scheduling and communication we know that this new one of a kind concept will meet the current and future needs for senior adults and people of all ages with disabilities.

Many of the interest areas align easily so that this one space with a robust schedule of activities will further enhance the livability in Lexington.

# Wellness Space

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- Dividable Multi-Purpose Room
- Group and Equipped Fitness Studios
- Art & Craft Studio
- Dividable Classroom
- Outdoor Seating and Spaces
- Programmable Outdoor Spaces



# Estimated Annual Expenses

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- **Personnel** **\$321,921.00**
- **Program Operating** **\$214,784.00**
- **Utilities** **\$48,000.00**



# Proposed Location

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- Shillito Park
  - Ability to expand services to the community by utilizing a current LFUCG asset
  - Does not require acquisition of new land
  - Proven success with a park
  - Vehicular access
  - Access to Miracle League Field, Shillito playground, paved trails, pool
  - GIS statistics
  - Available green space
  - Available utilities

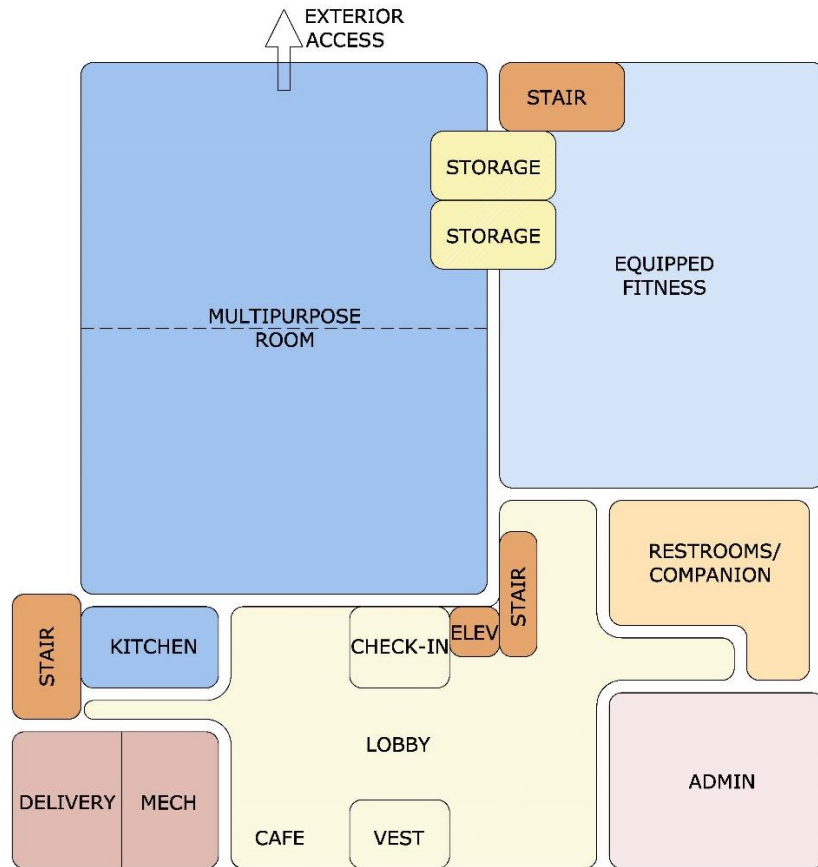


# Proposed Facility Size

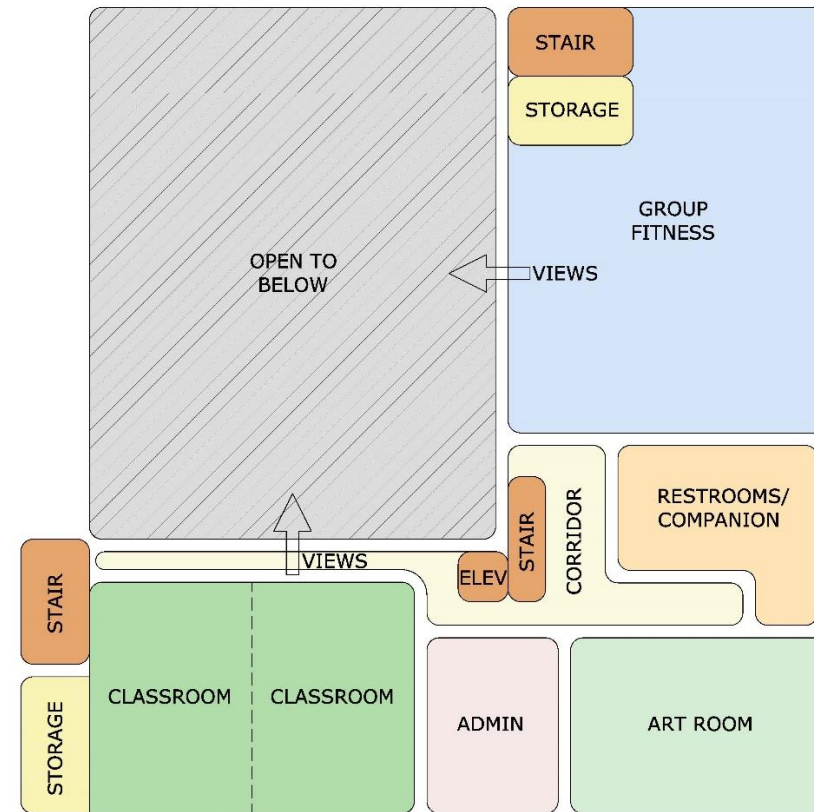
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PROGRAM AREA	ROOM SIZE
EQUIPPED FITNESS CENTER	3,500 SF
GROUP FITNESS STUDIO	3,000 SF
MULTIPURPOSE ROOM	5,500 SF
CLASSROOM (2 DIVIDED OR 1 LARGE)	2,000 SF
ART STUDIO	1,300 SF
ADMINISTRATION AREAS	1,100 SF
RESTROOMS / COMPANION ROOMS	1,100 SF
LOBBY / CIRCULATION	3,000 SF
MECHANICAL / ELECTRICAL / UTILITY	1,000 SF
<b>TOTAL ESTIMATED BUILDING AREA:</b>	<b>21,500 SF</b>

# Program Bubble Diagrams



**FIRST LEVEL PROGRAM NEEDS**



**SECOND LEVEL PROGRAM NEEDS**

# Existing Shillito Park Site Area



- 175 existing parking spaces
- Consideration of Shelters #1 and #4
- Existing LFUCG Shillito pool and access
- Existing parking areas and service drives
- Existing disc golf course reconfiguration
- 16 acre site survey performed
- 10 geotechnical borings performed
- Retaining park setting and aesthetic



# Proposed Building Area



- Extend existing service access drive
- Rework existing parking lot to 170 spaces
- Dedicated covered drop-off & loading areas
- Staff/Overflow parking lot at 56 spaces
- Secondary entrance for staff
- Exterior courts and recreation areas
- Rework pool building exterior façade
- Future expanded parking for events

# Existing Shillito Pool Facility





# Estimated Project Costs

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BUDGET ITEM	BREAKDOWN
ESTIMATED BUILDING UNIT COST (\$/GSF):	\$350
<b>PROJECT BUDGET CAP:</b>	<b>\$10,000,000</b>
LESS CONTINGENCY @ 5%	\$375,000
LESS CONTRACTOR OH&P @ 15%	\$1,125,000
LESS A/E DESIGN SERVICES @ 9%	\$675,000
LESS FF&E (LS)	\$300,000
<b>CONSTRUCTION BUDGET:</b>	<b>\$7,525,000</b>
BUILDING SIZE PER CONSTRUCTION COST	21,500 SF

SHILLITO POOL FAÇADE UPGRADE	\$500,000
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# Questions?

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