



# Making Multigenerational Communities Happen

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URBAN LAND INSTITUTE

OPTICOS DESIGN

AARP

**JUNE 7, 2024**



## THE MISSION OF THE URBAN LAND INSTITUTE

Shape the future of the built environment for transformative impact in communities worldwide

### MISSION COMMITMENTS

CONNECT active, passionate, diverse members through the foremost global network of interdisciplinary professionals

INSPIRE best practices for equitable and sustainable land use through content, education, convening, mentoring, and knowledge sharing

LEAD in solving community and real estate challenges through applied collective global experience and philanthropic engagement

# ULI Randall Lewis Center for Sustainability

Lead the real estate industry in creating buildings and places where people and the environment thrive

## Decarbonization

Accelerating progress towards net zero with operational and embodied carbon real estate solutions.

## Resilience

Ensuring buildings, cities and communities are better prepared for the impacts of climate change.



## Healthy Places

Advancing health and social equity in real estate practice, and helping cities and communities foster inclusive wellbeing.

## Cross-Cutting

Exploring priorities such as federal funding for sustainability, building materials, and more.

Convenings | Research | Technical Assistance | Leadership Networks

# Today's Speakers



**Rachel MacCleery**

Co-Executive Director  
Randall Lewis Center for  
Sustainability in Real Estate

Urban Land Institute



**Matt Norris**

Senior Director  
Randall Lewis Center for  
Sustainability in Real Estate

Urban Land Institute



**Stephanie Firestone**

Senior Strategic Policy Advisor

AARP



**Daniel Parolek**

Founding Principal  
Opticos Design, Inc.



# Today's Agenda and Housekeeping

12 noon to 1:15 ET

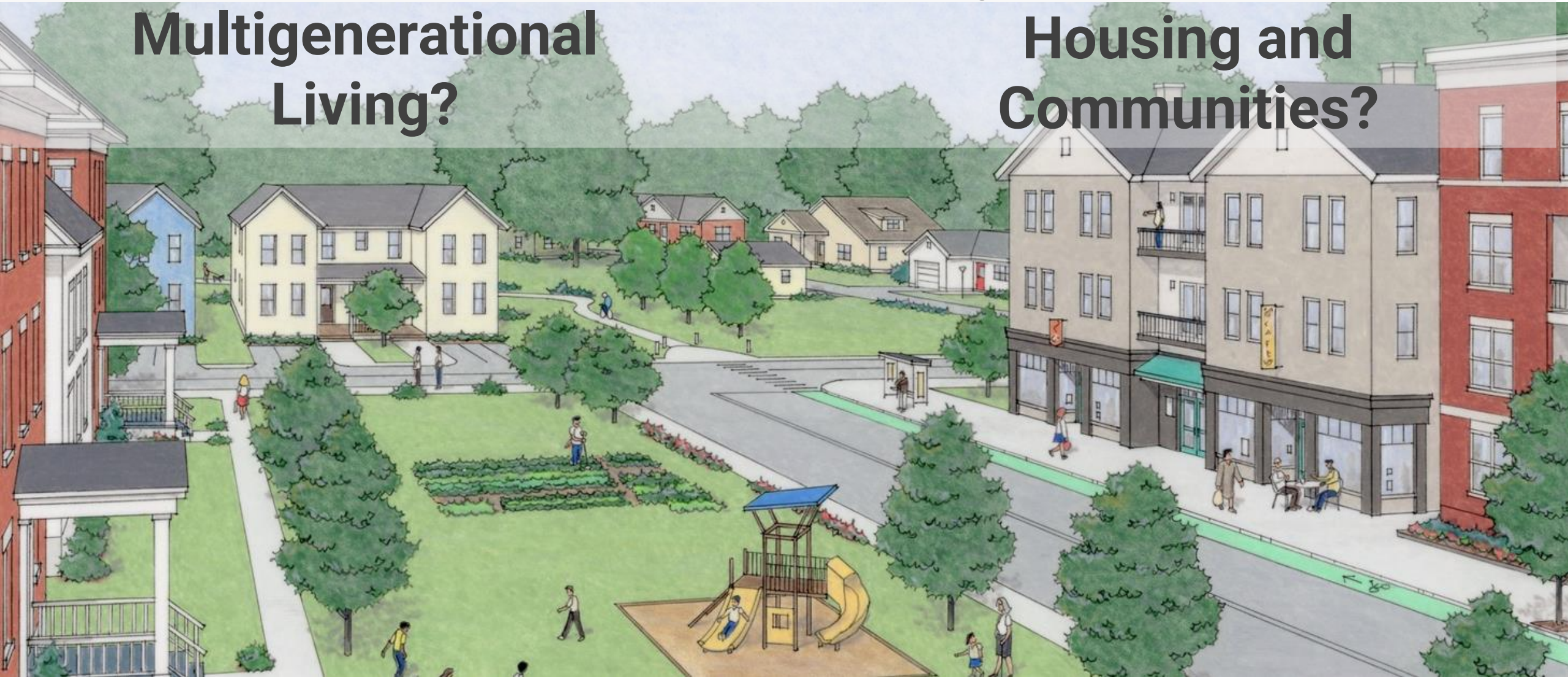
- Matt Norris - *Multigenerational Communities* report
- Stephanie Firestone – Equity by Design and AARP
- Dan Parolek – Missing Middle Housing
- Discussion and Q&A
- Survey

Housekeeping:

- This presentation will be recorded and distributed to registrants
- We welcome your thoughts and reactions via Chat!
- Please submit questions through the Q&A feature, and upvote the questions you want to see asked

# What is Multigenerational Living?

# Why Multigenerational Housing and Communities?





# Matt Norris

## Urban Land Institute

An illustration of a vibrant community scene. In the background, there's a two-story house with a porch. A paved path leads through a green lawn with several trees. In the foreground, a man is working in a garden bed. To the right, a yellow and blue playground structure with slides is on a sandy area. People are walking and playing in the scene, creating a sense of a lively, multi-generational neighborhood.

Making

# Multigenerational Communities

Happen

## ULI RESOURCE

Provides **considerations** for **multigenerational home design**

Shares information on **multigenerational housing typologies**

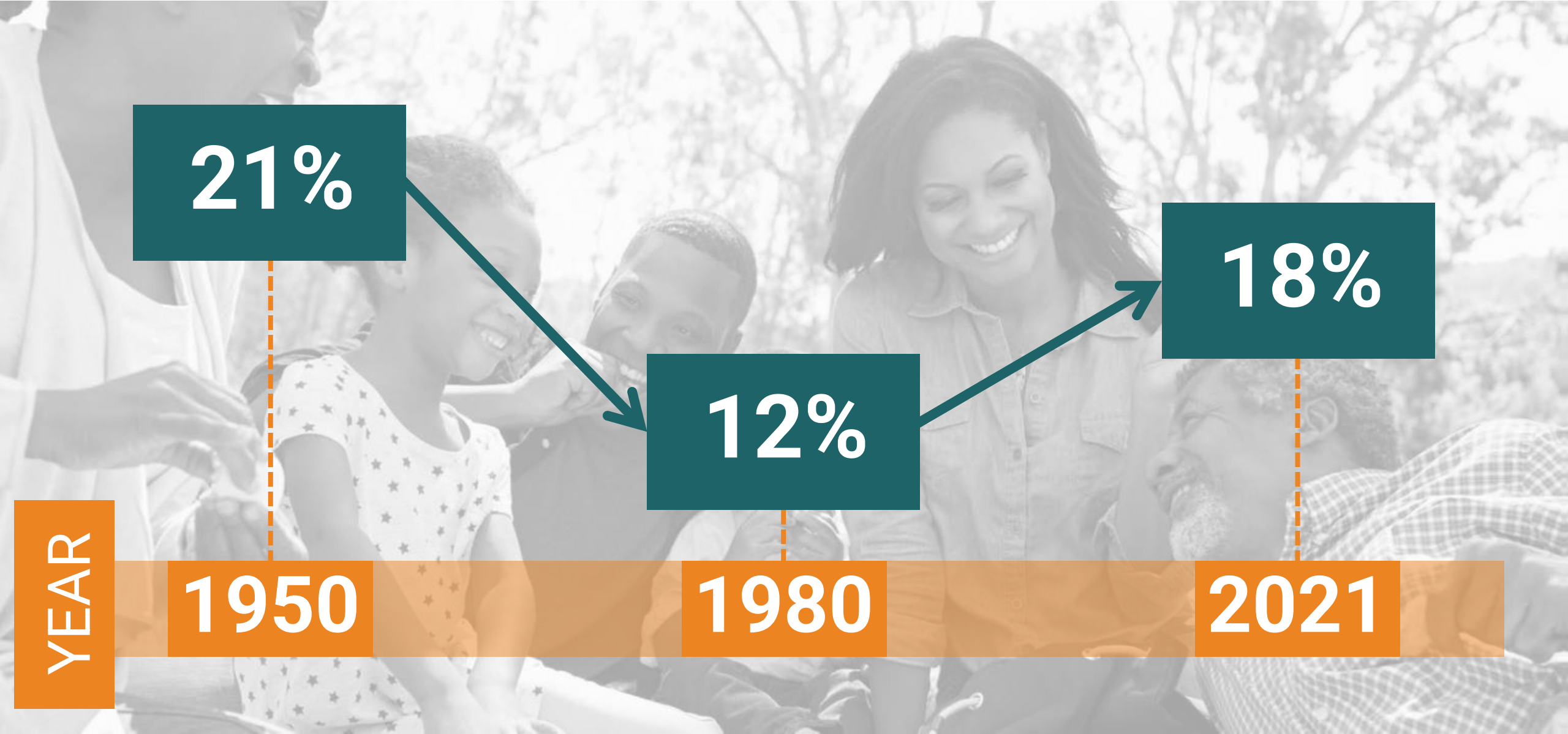
Considers what is needed to **build multigenerational neighborhoods**

Offers conclusions on how to make **multigenerational communities happen**

[uli.org/multigenerationalcommunities](https://uli.org/multigenerationalcommunities)



# PROPORTION OF MULTIGENERATIONAL HOUSEHOLDS



# DRIVERS OF MULTIGENERATIONAL LIVING

**FAMILY PREFERENCES**

**HEALTHCARE NEEDS**

**CULTURAL TRADITIONS**

**ECONOMICS**

**MOBILITY LIMITATIONS**



# BENEFITS OF MULTIGENERATIONAL HOUSEHOLDS

## RELATIONSHIPS

Enhanced bonds or relationships among family members

## CARE

Making it easier to provide for the care needs of one or more family members

## FINANCES

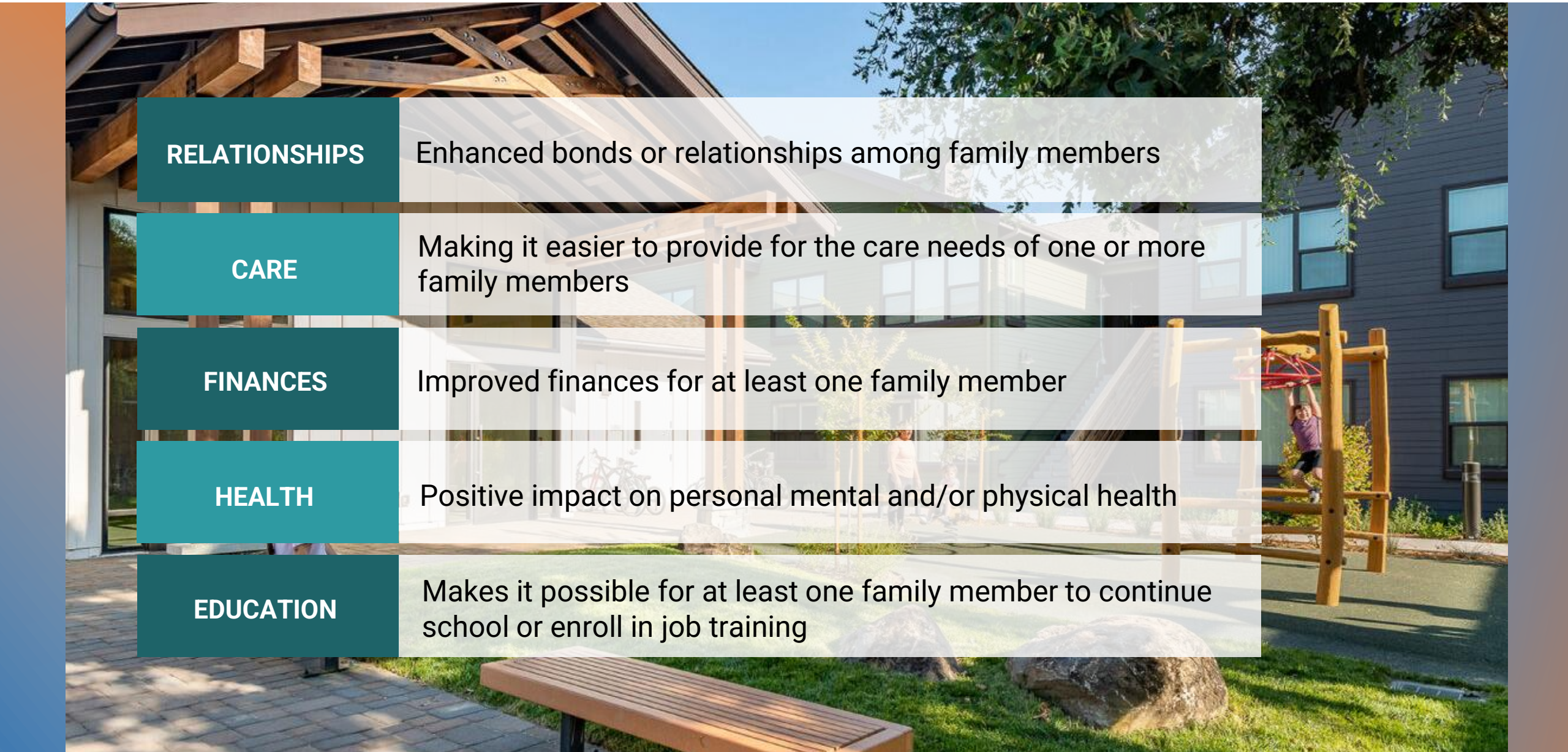
Improved finances for at least one family member

## HEALTH

Positive impact on personal mental and/or physical health

## EDUCATION

Makes it possible for at least one family member to continue school or enroll in job training



# BARRIERS TO MULTIGENERATIONAL LIVING

## HOUSING

Too few and insufficiently diverse housing units

## INFRASTRUCTURE

Insufficient neighborhood, infrastructure, and built-environment features

## ZONING

Land use regulations that limit the location and scale of diverse housing types

## AFFORDABILITY

Lack of affordability for the limited number of homes and neighborhoods that can accommodate intergenerational living



**To realize the vision of multigenerational living, individual homes will need to be designed to meet the needs of people at different life stages and abilities.**

# CONSIDERATIONS FOR MULTIGENERATIONAL HOME DESIGN

A man in a wheelchair is sitting on a white porch. He is wearing a blue t-shirt and light blue jeans. He is looking towards the right side of the frame. His right hand is resting on the back of a grey chair. The porch has white railings and a white balustrade. In the background, there is a green lawn and a white building.

**A separate bedroom with its own bathroom on the first level**

**A second kitchen and exterior access to separate rooms from the main house**

**Flex spaces to allow rooms to be easily converted**

**Private entries**

**Bedrooms for each family member with storage**



The Cottages on Vaughan (Micro Life Institute)

**Expanded housing typologies will be required to facilitate multigenerational living.**

**Developers and cities have a great opportunity to meet the demand for housing that effectively serves multigenerational households.**

# HOUSING TYPES THAT CAN ACCOMMODATE MULTIGENERATIONAL LIVING

Single-family homes with universal design features

Missing middle housing, including duplexes, triplexes, and townhouses

Multifamily housing units, including those with three or more bedrooms

Cohousing

Accessory dwelling units (ADUs)

Tiny home and cottage communities

Shared housing





Scott Shigley

**Housing that is conducive to intergenerational living must be accompanied by investments in community space and infrastructure that facilitate social connections, safe and inclusive mobility, and access to services for all ages.**

# BUILDING MULTIGENERATIONAL NEIGHBORHOODS

## PROGRAMMING AND SERVICES

Family members of all ages can benefit from supportive programming and services.

## INFRASTRUCTURE

Mobility systems that meet the needs of people at all stages of life must be multimodal.

## GATHERING PLACES

Housing with common spaces near transit and community amenities can support social connections.

## GREEN SPACES

Designing outdoor spaces that work for all ages is essential in creating healthy communities.





**Multigenerational living is not a “one-size-fits-all” approach. It revolves around housing that evolves over time according to people’s needs.**

**As cities move to encourage the development of multigenerational living...**

**...they will better meet the demand for housing and places that support multigenerational households.**

# OPPORTUNITIES FOR REAL ESTATE

The background is a detailed illustration of a suburban neighborhood. It features several houses with gabled roofs and multiple windows. In the foreground, there is a park area with a playground, a walking path, and people walking. A street scene is visible on the right, showing a building with a storefront and people sitting at an outdoor table. The overall style is a soft, watercolor-like illustration.

**Serve an expanding market by...**

**Supporting or building parks and trails**

**Contributing to zoning reform efforts to promote multigenerational living**

**Using universal design principles**

**Developing one-story homes and/or homes with ground-level bedrooms**

**Building new homes with ADUs**

**Developing multifamily units with multiple bedrooms**

The image features a solid green horizontal bar across the middle. Above and below this bar are several decorative arcs made of small dots. Two arcs are positioned above the bar, and two are below it, creating a symmetrical, wave-like pattern.

Stephanie Firestone

AARP

Making Multigenerational Communities Happen

ULI Webinar

June 7, 2024

Stephanie Firestone, AARP International

# Equity by Design

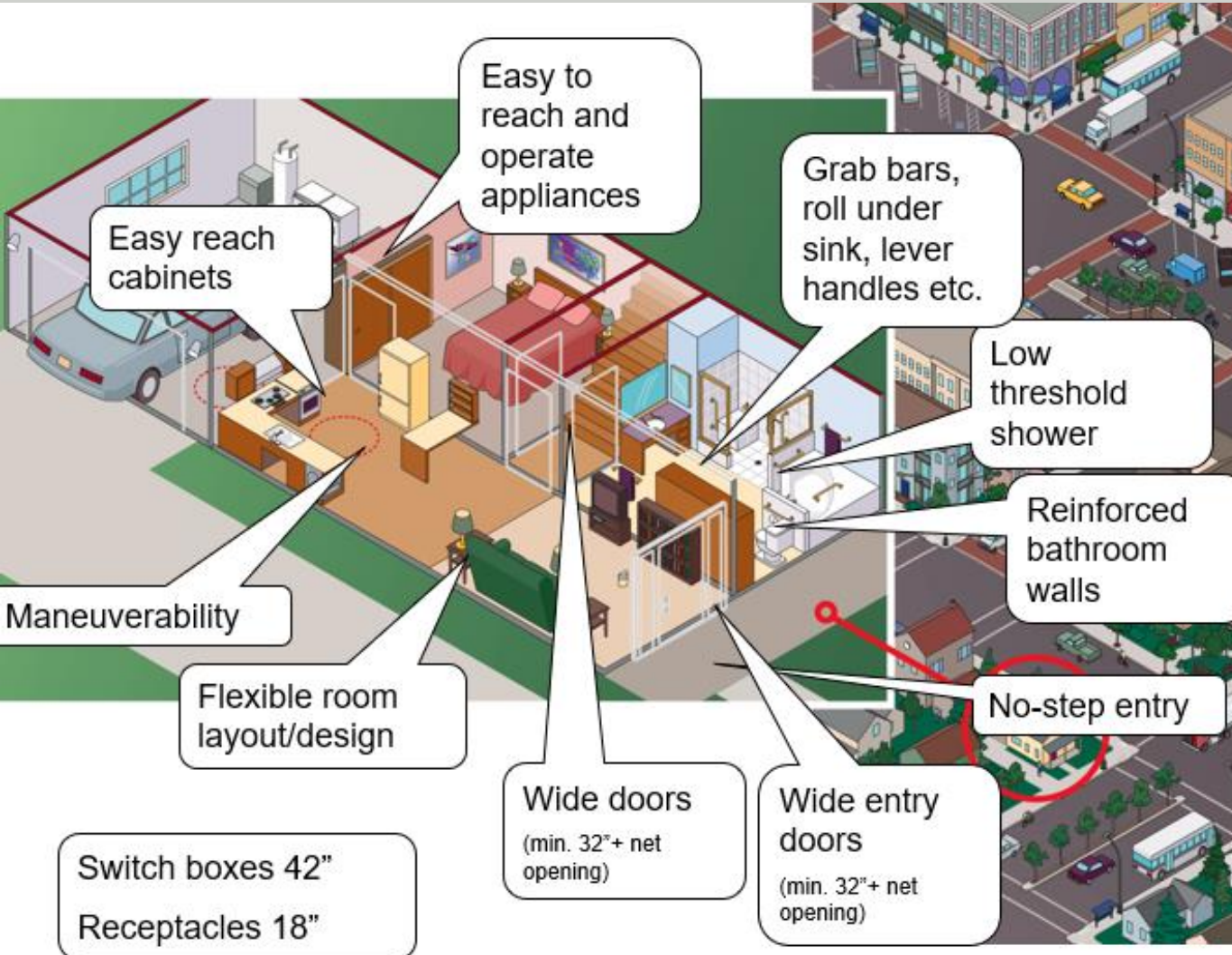
#BuildEquity



**EQUITY  
by DESIGN—  
PRINCIPLES  
in ACTION**

#BuildEquity





**AARP** **Healthy by Design®**

## PRINCIPLES in ACTION

*In an average home a single resident, let's say an active aging professional in the field, has done the physical layout and construction where we live. This series of case studies shows innovations that are advancing a set of guiding principles for built environment professionals: from creative ways to enhance legislation and engage the public, to participatory planning, to unique housing and community models that enable every resident to thrive.*



Photo: AARP Independent, March 26, 2019

### Rightsizing in Place

Ava Housing, Ireland

## Home modifications / shared housing

- Asset rich, cash poor
- Single-person rental units
- Common housing typologies
- Essential workers





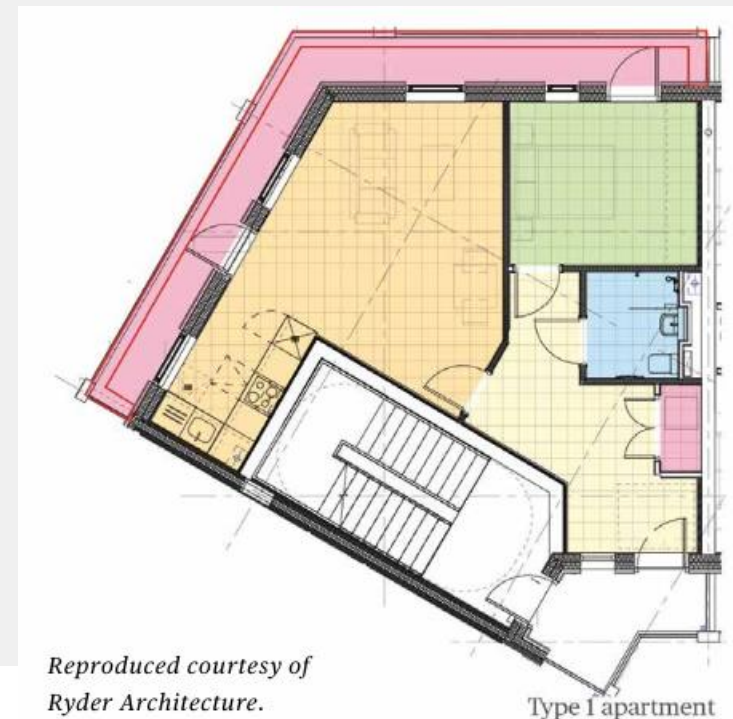


## Lifelong Housing in the UK: A Living Lab

Future Homes Alliance, Newcastle, UK

## Flexible housing by grassroots PPP

- Lifelong multigenerational living
- Facilitates “rightsizing”
- Designed for now, adaptable for later
- Living laboratory



**AARP** **PRINCIPLES in ACTION**

In an era of a single pandemic, let's consider action among professionals in the fields that shape the physical housing and communities where we live. This series of case studies shares lessons for an upcoming set of guiding principles for built environment professionals: from creative ways to reduce litigation and engage the public in participatory planning, to design housing and community wealth that enable every resident to thrive.



Students at West Primary School during Clarion's annual Regeneration Week, where young people work with architects to build models and co-design play areas in the public realm.

**Regenerating Affordable and Enabling Housing for All Ages— at Scale**

**Clarion Housing Group, UK**

**Commitment by large developer**

**Our age-friendly commitments**

OUR OVERARCHING MISSION IS:

**Enabling people to live well in our communities.**

Over the last 12 months, we have been collaborating as a cross-business working group to create a set of commitments focused on how we will ensure our communities are places where residents can age positively.



**Development**

**Design and build schemes that enable our residents to live longer, healthier, happier lives.**

- ✔ To consider and establish our position on specialist housing; looking at different models, levels of subsidy and specific markets.
- ✔ Ensure our developments are exemplars of age-friendly homes and communities.
- ✔ Cultivate clear design standards and specifications for age-friendly housing.



**Housing**

**Ensure residents have the right home at the right time.**

- ✔ Understand how life events could trigger changes in resident needs and explore ways we can prevent a negative impact.
- ✔ Make sure residents know their housing options and help them anticipate changes as they age.
- ✔ Better assist residents to move from one life stage to the next.
- ✔ Understand how we could flex our existing assets to make them more age-friendly.



**Clarion Futures**

**Empower residents to shape their lives and communities, no matter what age.**

- ✔ Deliver interventions across resident lifecycles and understand how these contribute to resident wellbeing.
- ✔ Recognise how housing could contribute to improved health outcomes for residents.
- ✔ Specially target a reduction in loneliness and social isolation.

## Multigenerational Neighborhoods

- Co-locating facilities
- Facilitating intergenerational engagement through play
- Play equipment
- Play Everywhere
- Play Streets

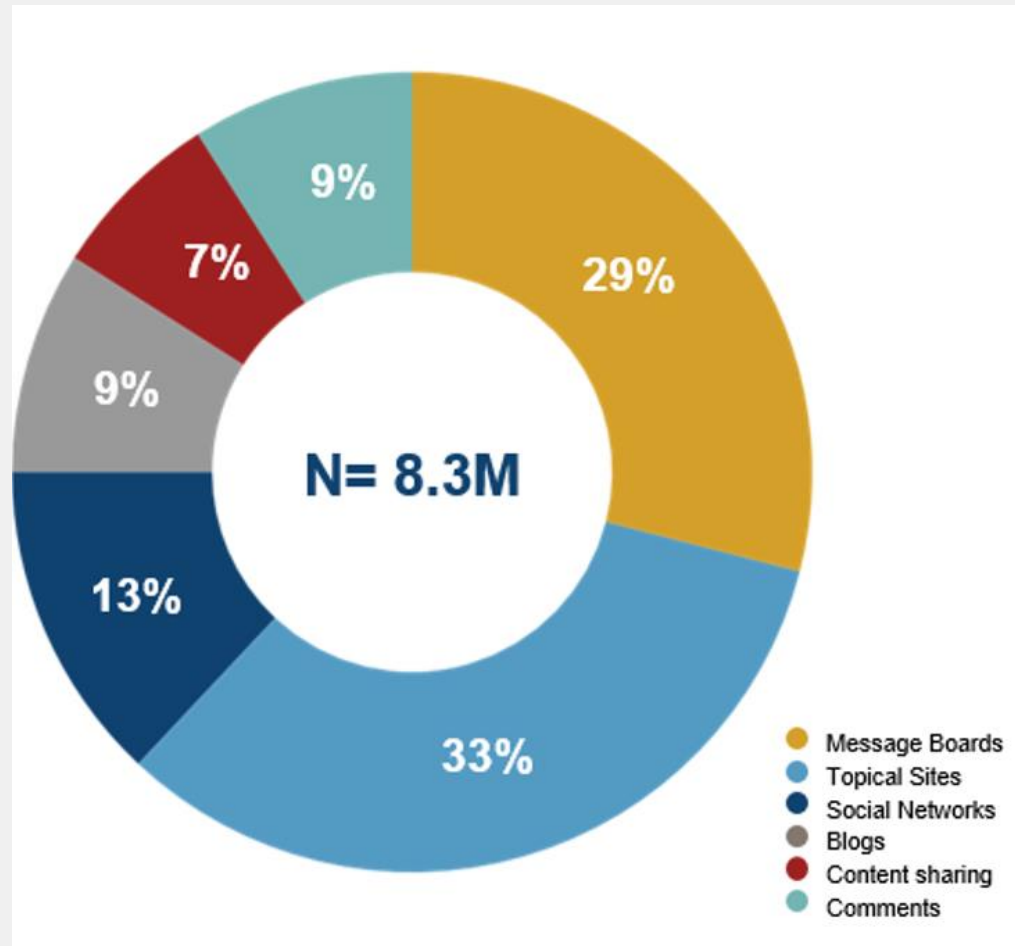


**EQUITY by DESIGN—PRINCIPLES in ACTION**

#BuildEquity

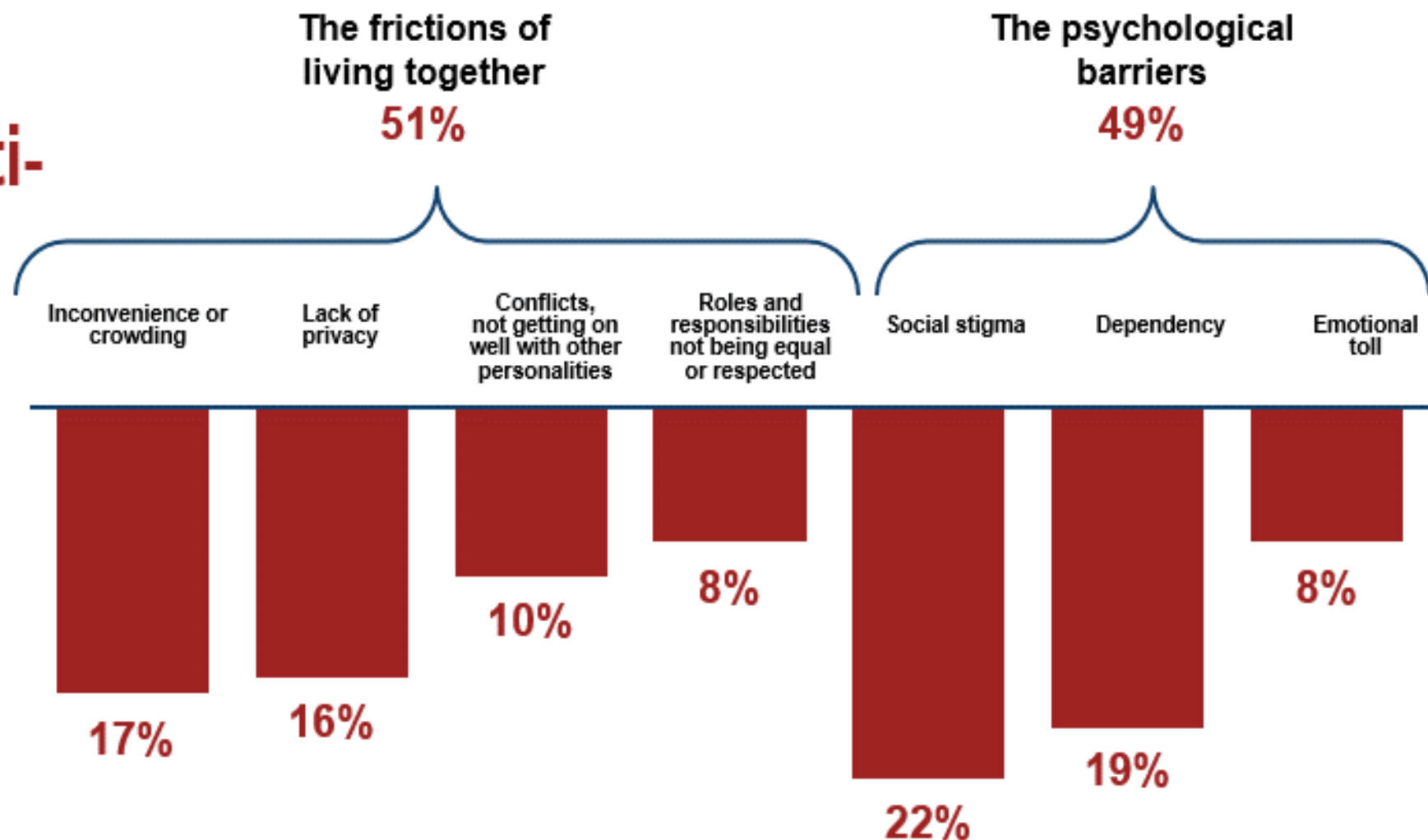


- Algorithm uses artificial intelligence, Natural Language Processing, machine learning, and big data tools.
- Harvests available open-source digital discussions, and turns them into actionable insights.



# Barriers to living in a multi-generational household

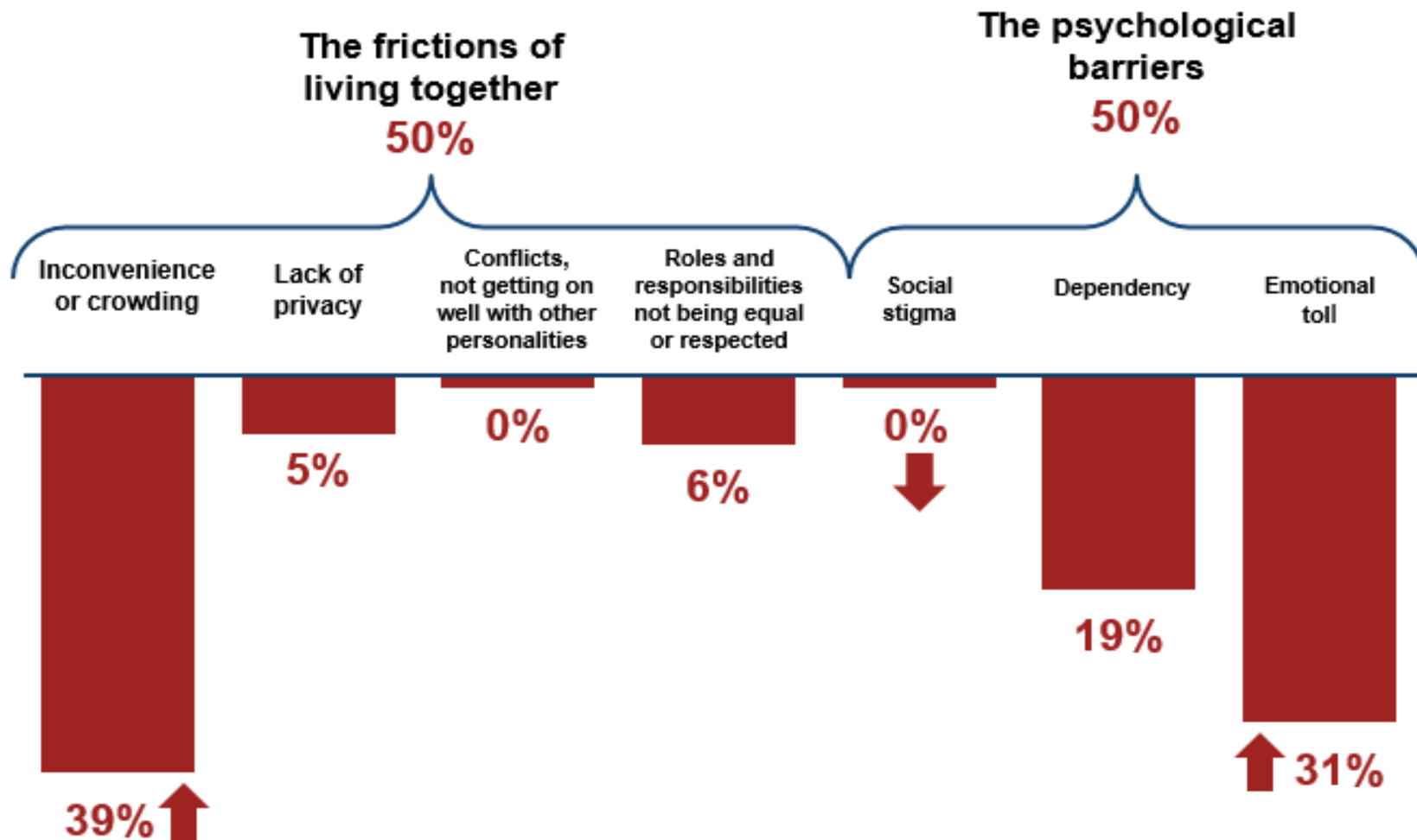
N= 2.8M



# Barriers

N= 511K

Social stigma of living with others ceased to be an issue during the pandemic, but the negative sentiment spiked because the inconveniences and the emotional toll have intensified.



## MULTIGENERATIONAL LIVING: Policy

 Bookmark All Policy  Share

### Multigenerational housing

 Bookmark  Share

Policymakers and the private sector should facilitate the creation of housing options and neighborhoods that encourage and effectively accommodate multiple generations living together.

Policymakers should do so through:

- land-use, [zoning](#) , and other regulations (see also [Land Use and Zoning](#));
- direct grants and matching funds;
- incentive programs; and
- programmatic priorities.



***Stephanie K. Firestone***  
***Senior Strategic Policy Advisor***  
***International, AARP***  
***[sfirestone@aarp.org](mailto:sfirestone@aarp.org)***

**<https://www.aarpinternational.org/resources/equity-by-design>**





# Dan Parolek

## Opticos Design



# Missing Middle Housing & Multigenerational Living

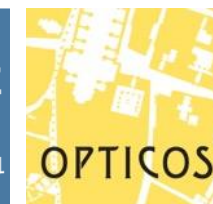
ULI Webinar

060724

Presenter:

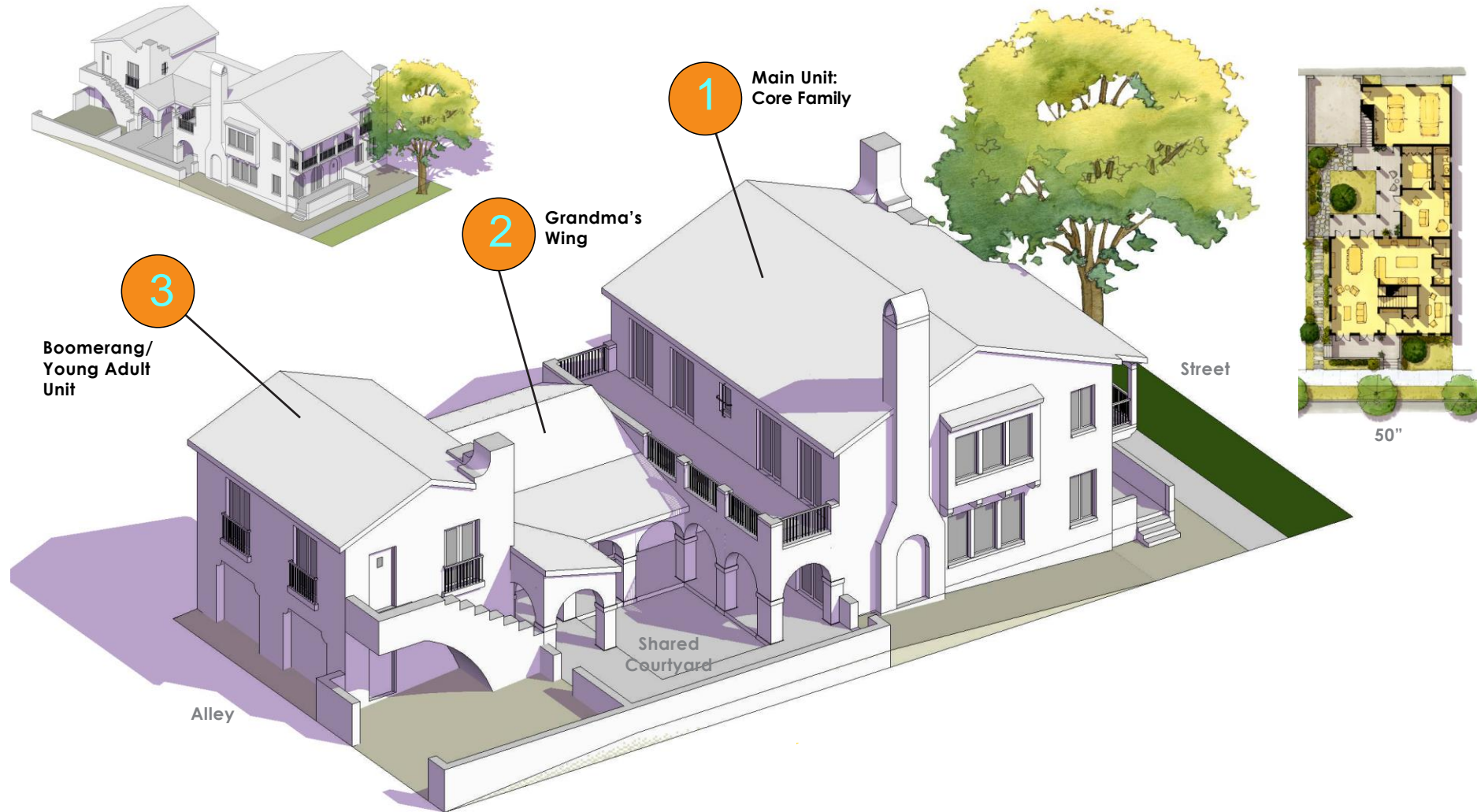
**Daniel Parolek**

Principal



# Courtyard, three-generation home

Designed for King City, CA after community workshop identified gap



# Suggest we think differently about mg housing

Quality of space, but also the broader community

1. Not just sf home  
variation: Start with  
old/new housing types
2. Location matters:  
What can I walk to? Do I  
need a car to get to  
everything I need?



# Missing Middle housing types as great start

I will review case studies of how we are using these types for mg living



**House-scale** buildings  
with **multiple units**  
in **walkable** neighborhoods



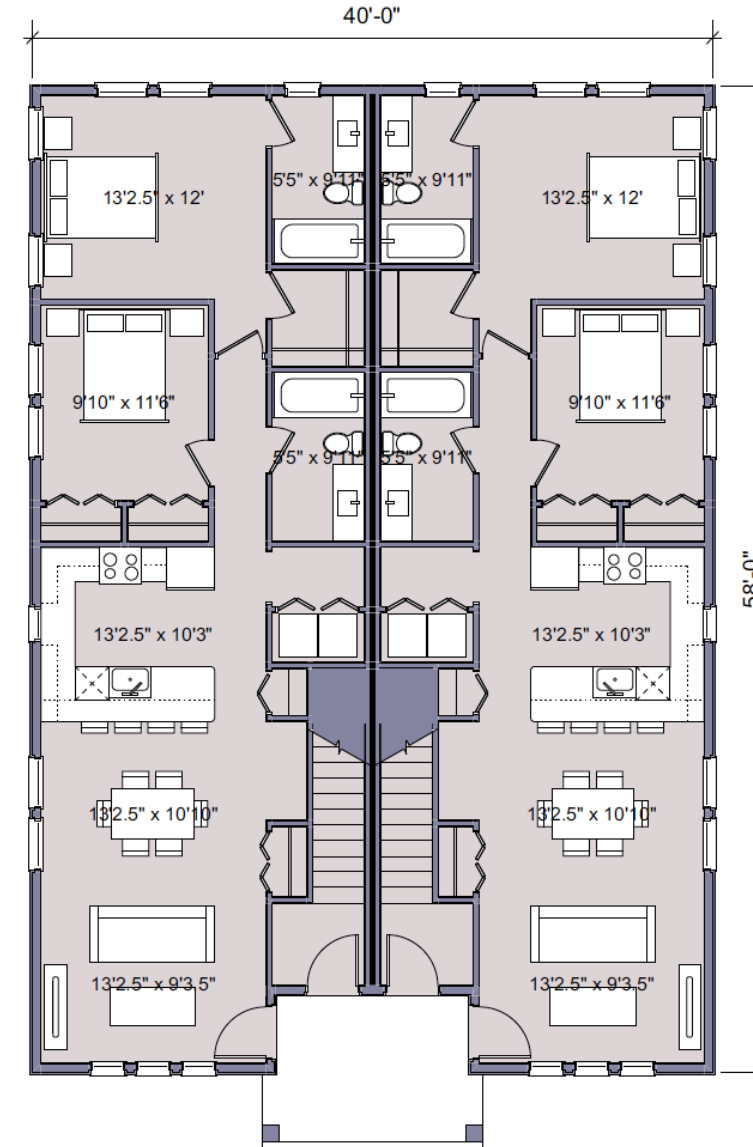
# Not One Size Fits All

SECTION

**Location/Context Matters:  
Different Housing Solutions  
Needed for  
Different Contexts**

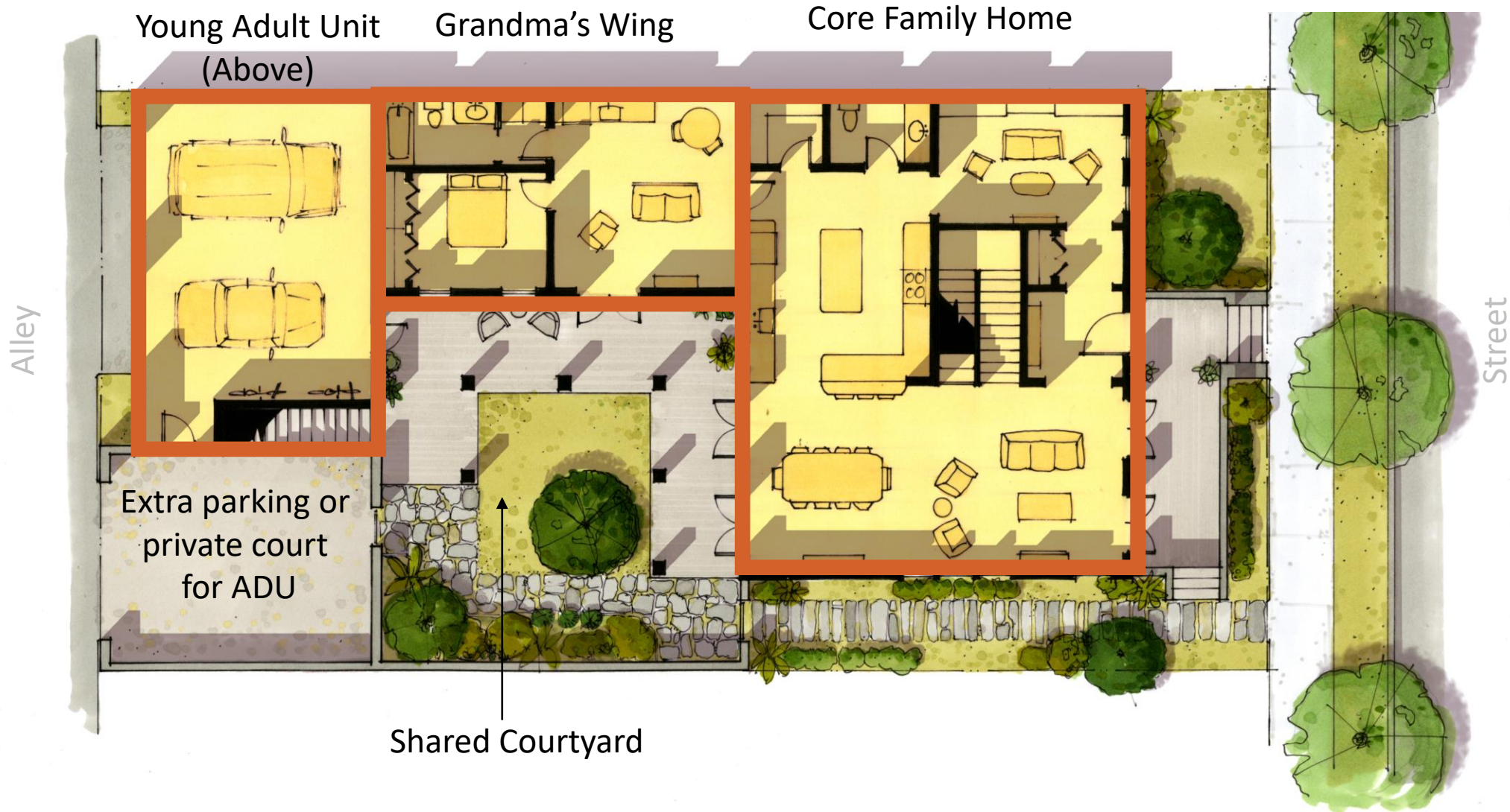
# Shared characteristics

1. Some shared spaces within the home
2. Some private spaces within the home (locking off)
3. Larger living and dining spaces



# Shared and private spaces are important

Three generation courtyard home: Ground floor





# Context informs approach

Each context has a different appropriate solution

Range, intensity and character of housing will depend on its context. Not all housing types can work in every context type

## Suburban Residential

Neighborhoods are auto-oriented and include primarily single-family houses

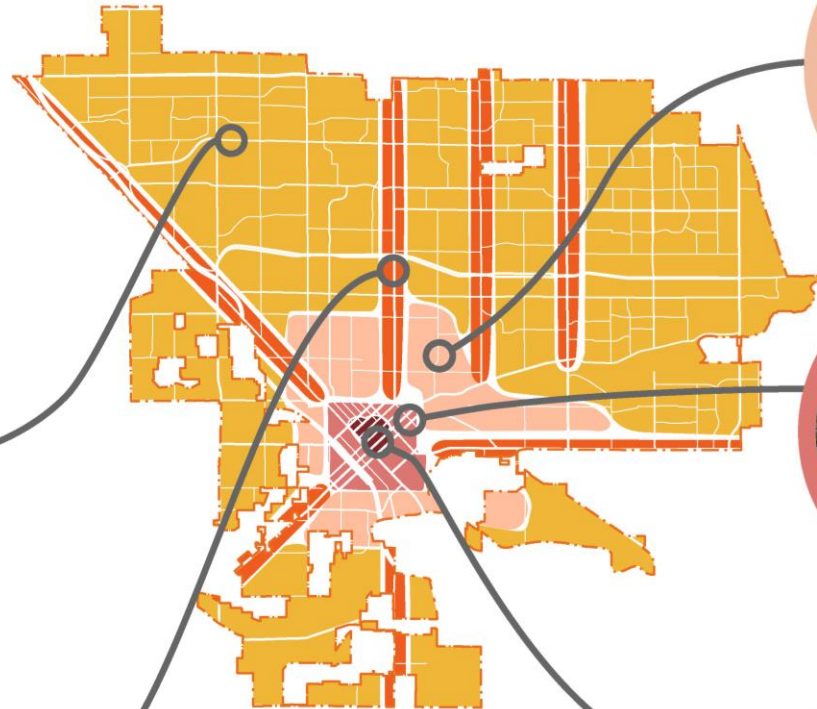
44,840 lots



## Mixed-Use Corridor

Corridors are auto-oriented with public transit and commercial amenities nearby

1,350 lots



## Downtown Adjacent

Neighborhoods are compact and within biking distance of downtown

6,982 lots



## Downtown Transition

Blocks include housing and various amenities within walking distance of downtown

918 lots



## Downtown Core

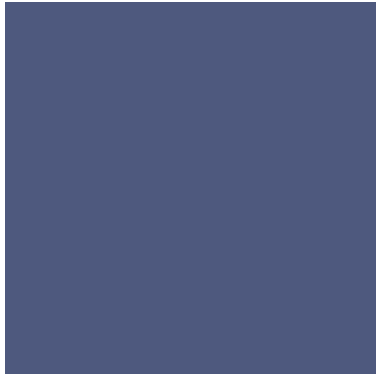
Downtown hosts the core of civic activity and numerous commercial amenities

117 lots

# What needs to be different based on context?

1. Size of units
2. Typology (urban vs more suburban)
3. Amenities: In building or in neighborhood
4. Amount of parking and location (front or rear)





SECTION

# Small to- Medium-Sized Infill

Types Adapt

# Think big. Build small.

Full range of Missing Middle typologies are a great starting point



**Duplex: Stacked**

8-17 du/ac Front-Loaded  
8-19 du/ac Rear-Loaded



**Duplex: Side-by-Side**

8-16 du/ac Front-Loaded  
8-22 du/ac Rear-Loaded



**Cottage Court**

N/A du/ac Front-Loaded  
19-35 du/ac Rear-Loaded



**Multiplex Small**

23-58 du/ac Front-Loaded  
26-70 du/ac Rear-Loaded



**Multiplex Large**

44-55 du/ac Front-Loaded  
52-70 du/ac Rear-Loaded



**Courtyard Building**

54-60 du/ac Front-Loaded  
58-70 du/ac Rear-Loaded



**Townhouse**

N/A du/ac Front-Loaded  
20-28 du/ac Rear-Loaded



**Live/Work**

N/A du/ac Front-Loaded  
20-28 du/ac Rear-Loaded

# Cottage Court: Separate homes. Shared spaces

Could have different sizes units and home for care giver if needed.

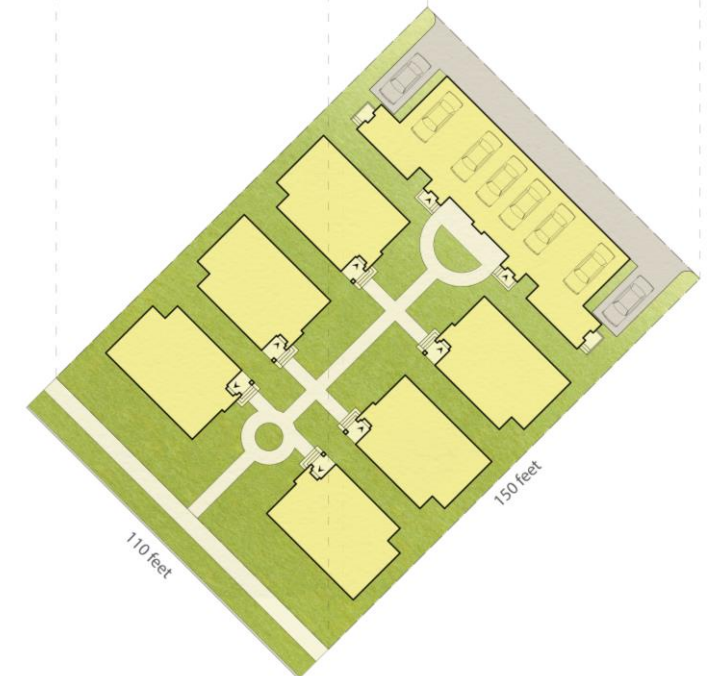


# Cottage Court, alley-loaded

We have spent decades documenting these housing types

Lot	
Width	110 ft
Depth	150 ft
Area	16,500 sf; 0.379 acres
Units	
Number of Units	8
Typical Unit Size	840 sf
Density	
Net Density	21 du/acre
Gross Density	16 du/acre

Parking	
Parking Ratio	1.625 spaces/unit
On-street Spaces	5
Off-street Spaces	8
Setbacks	
Front	15 ft
Side	5 ft
Building	
Width	24 ft
Depth	35 ft
Height (to Eave)	15 ft
Floors	1



For more info: [www.missingmiddlehousing.com](http://www.missingmiddlehousing.com)

# Riverhouse Cottage Court: Healdsburg, CA

8 main houses (1,200-1,700SF), 4 ADUs: Took 4 years to entitle!



Developed by Jim Heid

# 4 of the 8 homes come with a detached ADU

Flexibility and ability to evolve over time is key



Developed by Jim Heid



# The “Adaptable Fourplex”

Small scale investment, or multi-generational living



**Young couple buys fourplex, rents 3 units**

4 smaller units  
3 streams of income to pay rent

**Young couple has children, combines 2 units, rents 2 units**

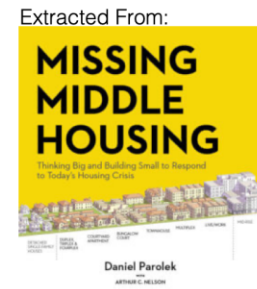
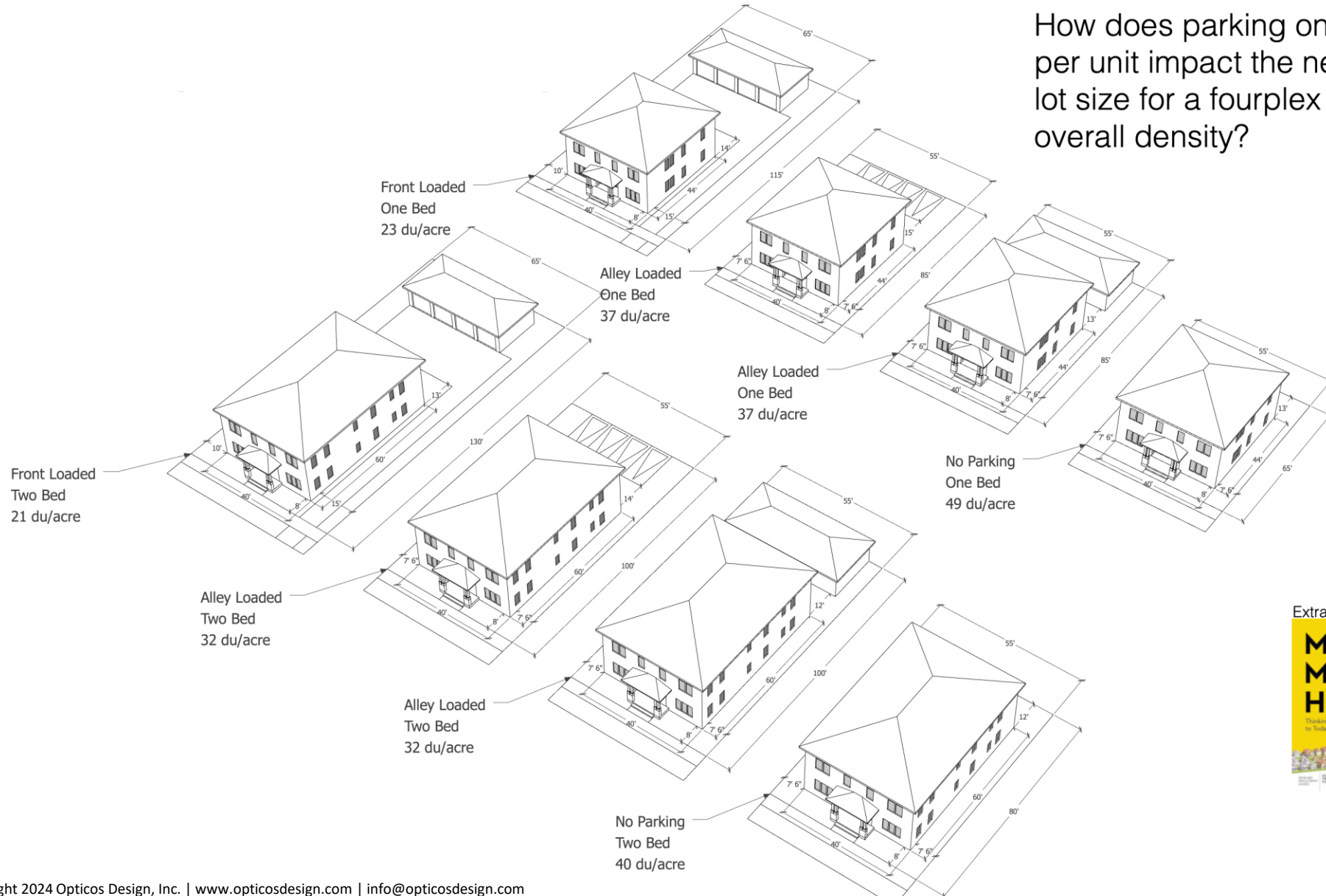
1 larger unit  
2 smaller units

**Children move out, reconvert to 4 units, Grandparents move in**

4 smaller units  
Grandparents nearby for support

# Understand the impact of parking requirements

How does parking one space per unit impact the necessary lot size for a fourplex and overall density?



# Courtyard Typologies

## Culdesac Tempe



# Three generation home x 2 around courtyard

If need more space/have larger lot



located in the Heart of Discovery



# Integrating into Larger Master Planned Communities & Greenfield Sites

SECTION

Define a Center.  
Mix Housing Types

# Discovery Corner: Bend, OR

Creating walkability within a larger single family subdivisions



Brooks Resources Corporation

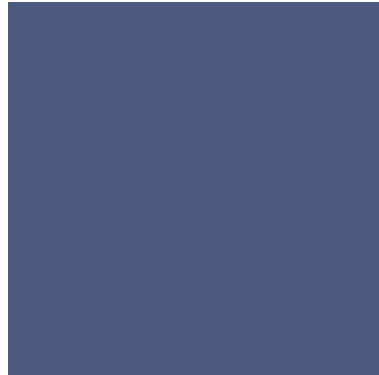
# Bungalows on the Lake: Omaha, NE Metro

Mix of multiplexes in neighborhood layout





ase a wing is attached to the primary unit. This is part of the main house which is ideal for aging in place to live all on one floor while their grown children and grandchildren can occupy the main house. Alternatively, the wing can become an independent unit.



SECTION

# Evolving Existing SF Housing Stock

Keep existing structures, but modify and/or add onto to meet household's needs

AARP Technical Assistance Program





# Multi-Generational Incremental Development

These diagrams demonstrate how a multi-generational home may be phased and built over time.



**Phase 1**  
A single family home is existing or constructed new.



**Phase 2**  
In this phase a wing is attached to the primary unit. This wing can operate as part of the main house which is ideal for aging parents wanting to live all on one floor while their grown children and grandchildren can occupy the main house. Alternatively, the studio be shut off to become an independent unit.



**Phase 3**  
An accessory dwelling unit is added above the garage that can accommodate additional extended family such as adult children, a caregiver or simply provide some additional rental income.



# Multi-Generational House at 105 1st Street



View from Corner of 1st Street and 3rd Avenue

## Project Description

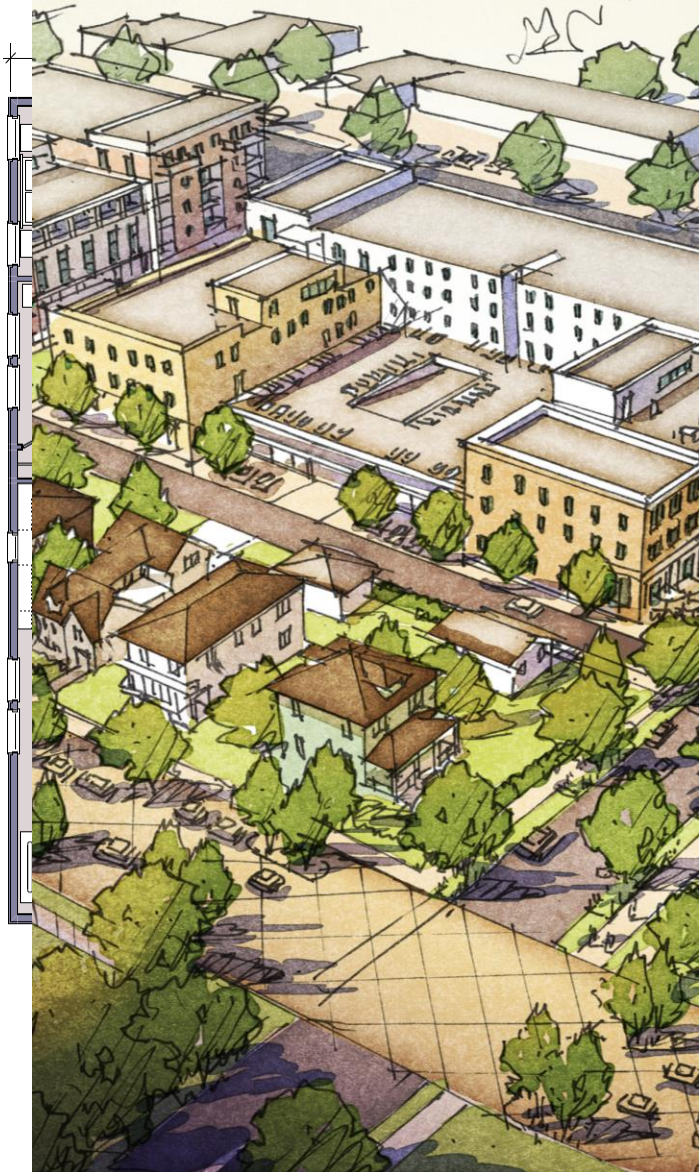
This test fit proposes placing 2 multi-generational duplexes (side-by-side) on this 21,000 sf lot at 105 1st Street in Milnor. This configuration will allow for up to 12 units and provides a diversity of housing types that can accommodate an extended family at varying stages of life.

The duplex configuration includes (2) primary, two-story attached homes with a one story studio wing that can operate as a separate unit or be connected to the main house for family members that may want more separation (aging parents or adult children). The garage is attached at the rear. An additional dwelling unit may be situated above the garage at the time of initial construction or at future phase for caregivers or to provide additional rental income.

## Key Benefits

- 1 Flexibility:** Supports various configurations and changing life stages. It accommodates either an extended family or separate non-related tenants, as well as adult children and seniors wanting to age in place.
- 2 Affordability and Diversity:** Offers a choice in home sizes for varying housing needs which can be delivered at a lower cost than a single-family home
- 3 Suitability:** Fits well in form and scale in the context of other single-family homes.
- 4 Walkability:** Promotes active lifestyles when located close to main streets, parks and other similar amenities.
- 5 Safety:** Promotes safe environments through informal interactions with neighbors through street facing frontages and porches.
- 6 Adaptability:** Works on various infill lot configurations, such as a single lot, several on one larger lot, or connected like a duplex (see page 6 for options) and suitable for incremental development from a single-family home (see page 5).





# Concluding Thoughts

SECTION

# C

A few takeaways

# Technology is enabling shared living

Livenearfriends.com

**LIVE NEAR FRIENDS**

## Ways to live near friends

Pick one to get started.



### Apartment Cluster

Rent a handful of apartments in the same building.

GET NOTIFIED (COMING SOON!)



### Minihood

Carve out a corner in a neighborhood with your friends.

GET STARTED



### Backyard Oasis

Your own private homes with a shared backyard.

GET NOTIFIED (COMING SOON!)

**Rockridge** ❤️  
**\$1475**/month

3 minute walk from Paulette

Favorited by

# A couple of resources

“Top 5 Mistakes to Avoid”

## 5 MISSING MIDDLE HOUSING MISTAKES

Zoning Missing Middle Housing Urban Design

**Top Five Mistakes to Avoid When Enabling Missing Middle Housing in your City or State: Don't Get This Wrong**

Daniel Parolek — September 12, 2022



The Top 5 Missing Middle Housing Mistakes Series **Part 1**

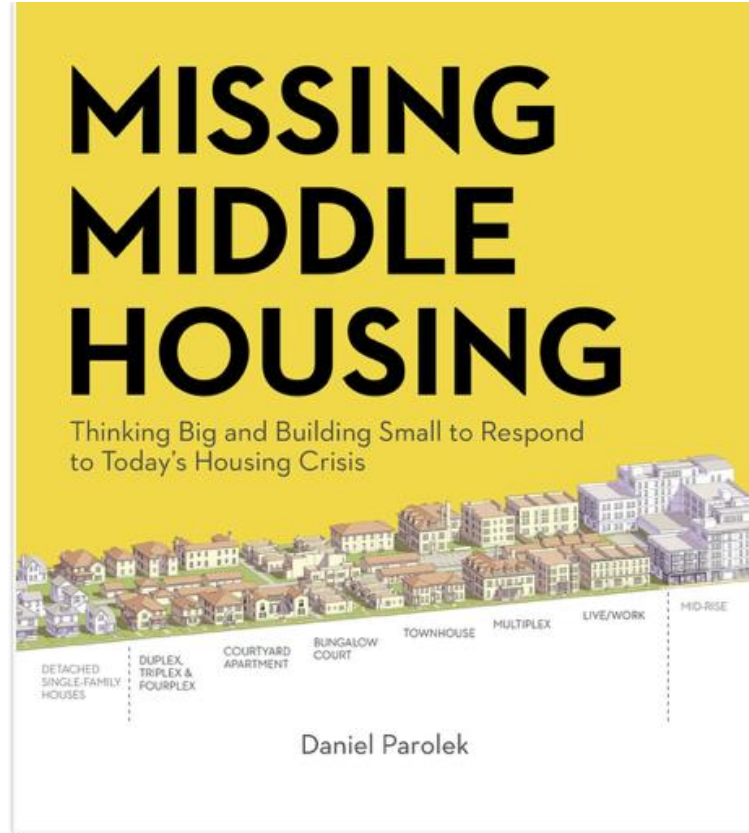
“Top 10 Tips for Cities Considering Pre-Approved Plans”



**SOUTH BEND NEIGHBORHOOD INFILL**

Pre-approved, ready-to build housing

# Daniel Parolek, RA, Opticos Design



[https://islandpress.org  
/books/missing-middle-housing](https://islandpress.org/books/missing-middle-housing)



LinkedIn: Daniel Parolek

# Discussion & Q&A



**Rachel MacCleery**

Co-Executive Director  
Randall Lewis Center for  
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Urban Land Institute



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Senior Director  
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# Survey

[ulisurveys.questionpro.com/multigenerational](https://ulisurveys.questionpro.com/multigenerational)

[uli.org/multigenerationalcommunities](https://uli.org/multigenerationalcommunities)



The image features a solid green horizontal bar across the middle. Above the bar, two overlapping dotted blue arcs curve upwards. Below the bar, two dotted blue arcs curve downwards, mirroring the ones above. The text is centered on the green bar.

Thank you!  
See you soon!