The Innovation Hub

for Affordable Heating and Cooling

Final Sub-Project Knowledge Sharing report

IDS-07 Aged Care (UoM)

Project IDS07_v1.0

31 November 2021

The University of Melbourne

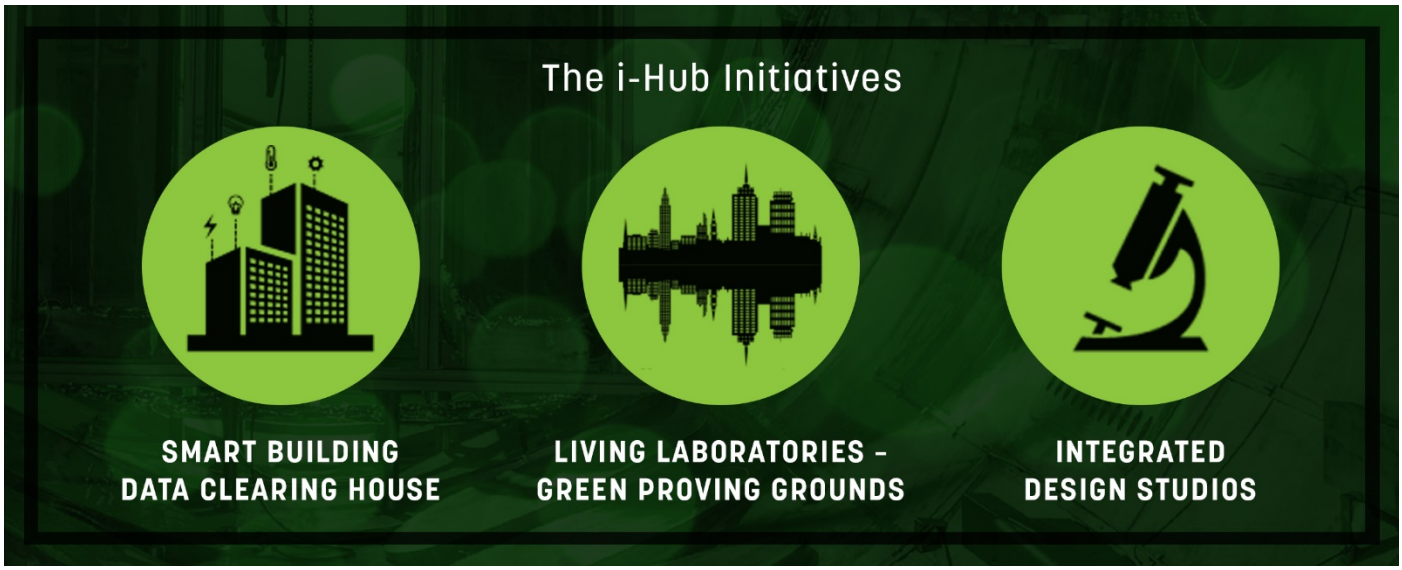
About i-Hub

The Innovation Hub for Affordable Heating and Cooling (i-Hub) is an initiative led by the Australian Institute of Refrigeration, Air Conditioning and Heating (AIRAH) in conjunction with CSIRO, Queensland University of Technology (QUT), the University of Melbourne and the University of Wollongong and supported by Australian Renewable Energy Agency (ARENA) to facilitate the heating, ventilation, air conditioning and refrigeration (HVAC&R) industry's transition to a low emissions future, stimulate jobs growth, and showcase HVAC&R innovation in buildings.

The objective of i-Hub is to support the broader HVAC&R industry with knowledge dissemination, skills-development and capacity-building. By facilitating a collaborative approach to innovation, i-Hub brings together leading universities, researchers, consultants, building owners and equipment manufacturers to create a connected research and development community in Australia.

This Project received funding from ARENA as part of ARENA's Advancing Renewables Program.
The views expressed herein are not necessarily the views of the Australian Government, and the Australian Government does not accept responsibility for any information or advice contained herein.

Primary Project Partner



Final Sub-Project Knowledge Sharing Report

This report is produced at the completion of each IDS sub-project and captures the breadth of activities and information produced in the sub-project including studio logistics. It makes use of cross referencing the individual reports produced in each sub-project rather than repeating information wholesale.

The 'i-Hub IDS-03 Design Studio outcomes report_100%_inc_Appendices' is intended to be the main technical learnings and outcomes report of interest to industry when shared publicly.

Lead organisation	The University of Melbourne		
Sub-Project number	IDS-07		
Sub-Project commencement date	20th January 2021	Completion date	19th November 2021
Report date	19th November 2021		
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Table of Contents

IMPORTANT NOTE regarding reading of report:
The integrated design studios are repeating format studios conducting research on two levels:

1) Integrated Design: Each studio builds upon previous studios to explore how best to facilitate integrated design between architects and engineers. Research and lessons learned are cumulative across studios.
2) Zero Carbon Research: Each studio explores zero carbon design measures that are relevant to the building typology featuring in that studio. Research and lessons are specific to the building typology used in the studio.

To improve readability (for readers reading multiple reports), material that has been repeated from 'Knowledge sharing Reports' from previous IDSs such as common background, repeating cumulative research, or learnings, has been delineated and identified as such by showing on a greyed-out background.

1. Sub-Project overview, objectives and importance to market/industry

The overall objective of the integrated design studio activity is to examine how integrated design occurs on case study projects with outcomes on two fronts:

Enabling of Integrated Design

Significant cultural barriers exist in the design of sustainable buildings in relation to achieving the high technical performance required in tandem with the architectural building amenity desired. The root cause of many of these barriers is the relationship of the engineering and architectural disciplines in the design environment. The integrated design studio programme has been designed to study how to best overcome these barriers.

Much has been written on how to achieve integrated design and yet its realisation in practice is often ad-hoc or poorly executed. The integrated design studio programme tests best practice integrated design methodologies in a working design environments. The methodologies trialled are refined through subsequent design studios.

The 'i-Hub IDS-KS Catalyst for Integrated Design' document provides the most up to date iteration of the integrated design methodology to be trialled in the IDSs (refer Section 4 for more detail).

The focus of the studios is on mobilising both engineering and architectural input into the conceptual ideation stages of project formation. Renewable energy and zero carbon are used as target outcomes. Concentrating on this key stage in the design of projects creates maximum downstream impact.

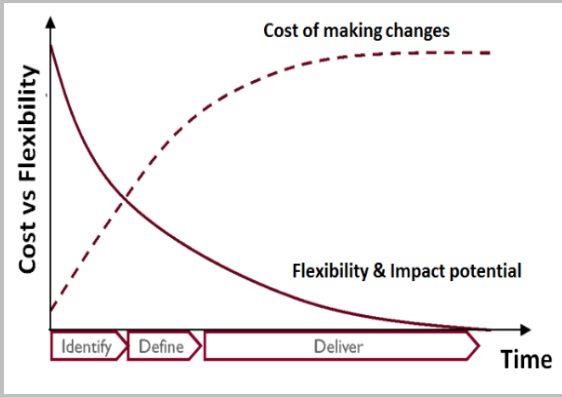

Figure 1: Decision value: opportunity with time.

Building Typology Research (Schools)

The studios use case study projects as a part of creating a design environment in which to test integrated design. As a result the studios also provide an opportunity for building specific research into potential integrated solutions.

The case study building typology used for IDS-07 is aged care facilities. The number of Victorians aged 60 years and over is forecast to almost double from 1.4 million people (22% of population) to 2.7 million people (27% of population) in the 3 decades from 2020 to 2050 - *Sources: ABS Census, various years, Victoria in Future 2016.* As a result aged care continues to be an important growing sector in construction. The sector is also undergoing constant and rapid change. Increased public scrutiny is being applied to the health and quality of life outcomes, as well financial ethics related concerns. COVID-19, the aged care commission, and the growing number of financing models around residential housing are providing impetus and opportunity for change and reinvention of traditional care models. Design integration between client, architect and engineer has never been more important.

The learnings from each of the integrated design studio sub-projects get collected and consolidated across the full program of IDSs in a separate 'knowledge sharing' sub-project IDS-KS.

The key partner organisations involved in IDS-07 were:

Active Community Group – Client, an experienced owner/developer of small to medium size aged care facilities..

Atelier 10 – Sustainability consultants assisted by Floth Engineering on traditional building services input.

Place Design – Architect and experienced aged care consultant/academic David Pryor.

The University of Melbourne – Academics from both the Melbourne School of Design (MSD), and the Melbourne School Engineering of with 12 Masters of Architecture students and approximately 4 Engineering students, supported by a part time research assistant.

AIRAH – The Australian Institute of Refrigeration, Air Conditioning and Heating.

Studio work for IDS-07 was initiated March 2021 with semester work running for 15 weeks. Technical feasibility vetting of the design ideas produced throughout the studio (by the consultants) took place over 4-6 weeks in the period after completion of the semester work.

Outcomes for industry include practical insight into how to enable integrated design in practice, along with design ideas and assessments of the potential for renewables and other zero carbon enabling initiatives on schools as a building

Figure 2: The studio at work.

2. Challenges experienced and how these were overcome

Challenges in the delivery of the studios were experienced on two main fronts:

1) Logistical delivery of the studios. Logistics issues related to the delivery of the studios themselves and were related to aspects such as the time required to elicit signing of agreements with the sub-project partners, and COVID-19 impacts such as the need to instigate remote delivery and limitations on the number of engineering students that were able to be enlisted. The final impact of these factors was felt to be minimal or able to be managed. The Lessons Learnt Report produced for the studio refers (details provided in Section 4).
2) Level of integrated design able to be achieved. Trialling of the best practice integrated design methodology formulated (from current literature) in the studio exposed many limitations and over-simplifications that impacted design integration. This was the reason for undertaking the studios in the first place and these challenges resulted in learnings that were then incorporated into the integrated design models for subsequent studios. As above refer to the Lessons Learnt Report produced for the studio for detail (details provided in Section 4).

3. Summary of lessons learnt and Evaluation of the Sub-Project impact and technology

Valuable learnings occurred in both objective areas of the studios, on how to implement integrated design in industry, and also on evaluation of potential technology solutions appropriate to the building typology used as a case study. Headline summary learnings are provided below:

Integrated Design Process

Note: learnings in relation to the integrated design process were formed across all IDS conducted so far (01/02/03/04/05) and hence this section of learnings repeats from other IDSs.

- There is a high level of excitement and buy in to the concept of integrated design meaning simply articulating this as a project goal achieves some gains.
- Integrated design requires a 'design co-author' mindset in all participant designers.
- Definition of common goals is a key priority with tasks set at a detailed level as well as aspirational level.
- Integrated design benefits from active third-party curation.
- Integrated design happens over a limited time window.
- Design innovation emerges from consolidating competing interests.
- Architects are initially often not familiar with the implications of different technologies on their project layout.
- Academic education plays a key role, in particular when bridging the Architect/Engineer divide.
- Face-Face interaction is an important factor in facilitating integrated design.
- Easily accessible software tools for interrogating technical performance is important to early design/integration process.

Net Zero Carbon design of aged care facilities (Building Typology Technical initiatives)

Work in the studio was able to show that energy savings of up to 60-70% could be achieved. This is especially significant considering the energy intensive typology which is inherent to aged-care homes. To cover the remaining energy which was to be drawn from the grid in the months which solar power could not meet the entirety of the demand, offsets and selecting green energy sources was identified as a pathway towards carbon neutrality in operations.

Key systems which were common across the studio which held the greatest benefits include:

- Optimised Passive Solar principles for winter heating and summer control.
- High-performance building fabric through reduced U- values of the building fabric
- Reduction in thermal bridging and airtightness construction quality Assurance
- Mechanical ventilation with heat recovery for energy saving benefit in addition to other indoor environmental quality and health benefits.
- Photovoltaic panels were consistently applied across projects for on-site renewable energy generation.
- Selection of materials which minimise the impact of embodied carbon across the development.

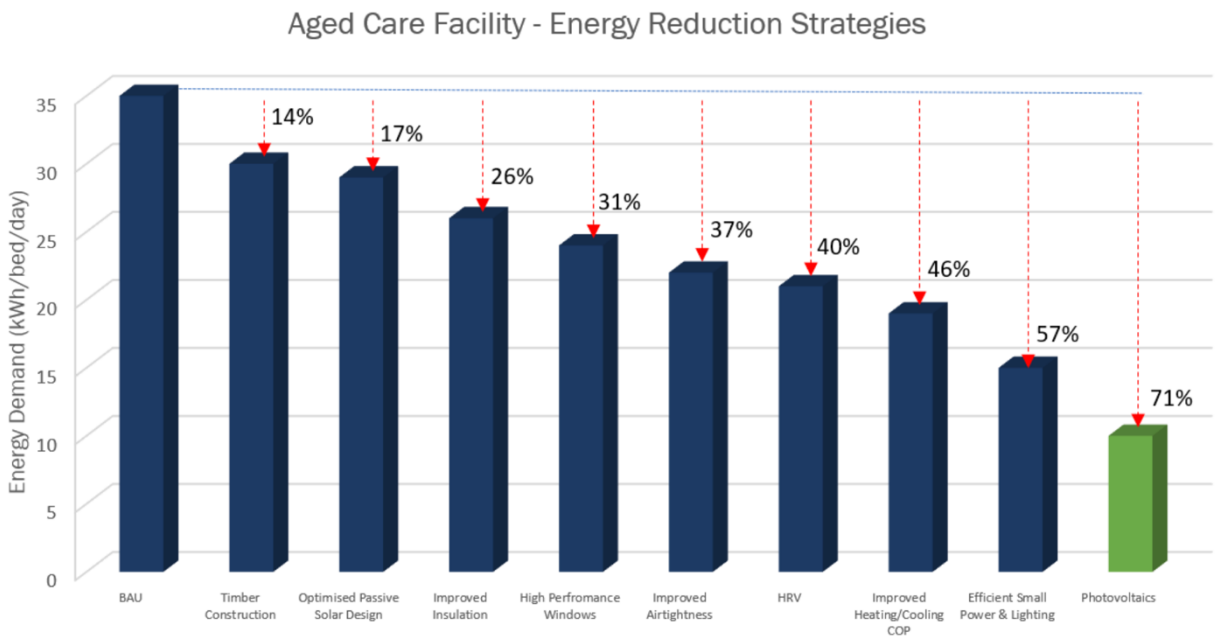

Figure 3: Bar Chart showing contribution of various energy reduction design strategies (Extracted from Atelier 10 feasibility vetting report).

A study on structural material and grid size was carried out. at grid sizes larger than 6x6m, the benefit of CLT, without considering carbon sequestration, quickly falls in line with concrete structure. As such, whilst the student uptake of low-carbon construction methods was to be commended, further consideration of the results impacts in each of their proposals could be recommended for further studies.

Refer to 100% Studio Outcomes report and Atelier 10 Consultant Feasibility Vetting report for more detailed information.

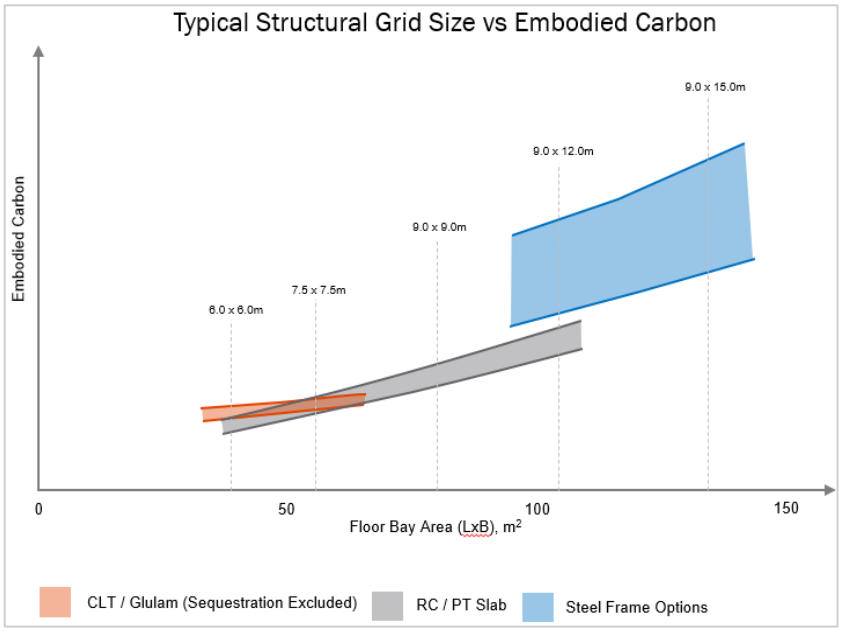

Figure 4: Bar Chart showing contribution of various energy reduction design strategies (Extracted from Atelier 10 feasibility vetting report).

Refer to 100% Studio Outcomes report and Atelier 10 Consultant Feasibility Vetting report for more detailed information.

Sub-Project Impact (linked to studio planned objectives)

Overcome discipline prioritisation and risk-management barriers that prevent design consultants from providing innovative designs for their clients: IDS-07 was the strongest of all IDSs carried out thus far in facilitating collaboration between architectural and engineering designers in order to maximise design integration. There were many factors that contributed to this (refer integrated design learnings above), however the largest single difference with IDS-07 was that it was able to be fully delivered in physical face to face mode. Together with learnings from other studios good progress is being made towards better understanding facilitation of integrated design in practice (refer to the latest Catalyst for integration design document produced as a part of the IDS activity for more information.

Contribute to the knowledge and development of the IDS process being developed and facilitated by i-Hub: Valuable contribution to development of the integrated design process as per above commentary.

The potential contribution of innovations to increasing the fraction of building energy that can be economically provided by on-site renewable energy (target 25% increase relative to BAU) is assessed: Energy savings strategies (through both improved efficiency and on-site generation) delivering up to 60-70% compared with business as usual (BAU) were identified as a part of this studio.

Maximise the local use of on-site renewable energy: Contributed to overall impact goal as per commentary above.

Findings from this sub-project will progressively feed into the establishment of a 'Carbon Catalogue' where the IDS team will consolidate benchmarks related to different technologies in the context of a range of different project types. In return, this will inform the 'Knowledge Sharing' aspect of this initiative, as each sub-project will have an impact on the wider IDS program.

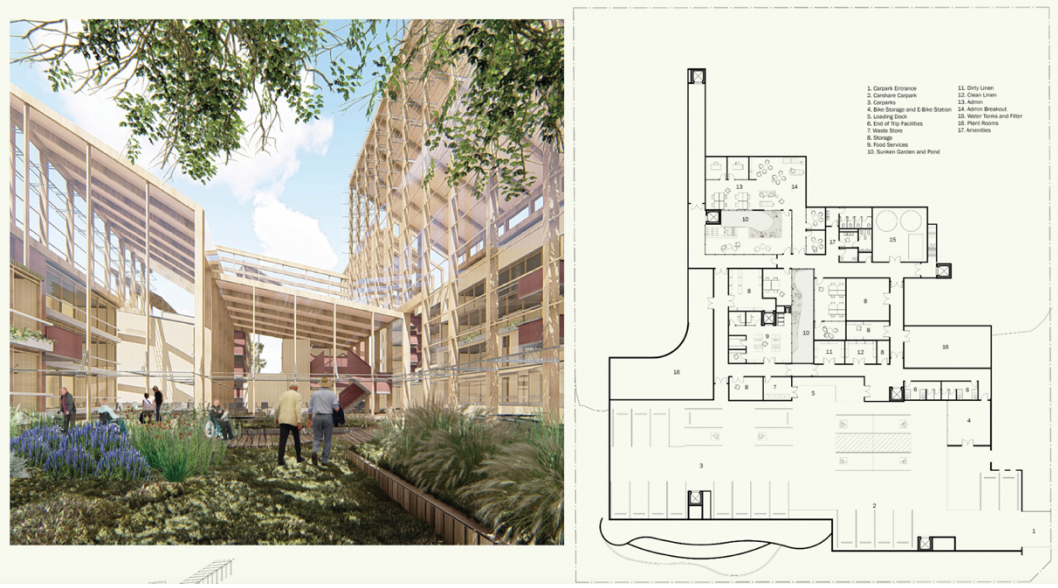

Figure 5: Example of student work: Bridget, Claudio, Ian – Modular Housing and village accommodation – wintergarden image.

4. Links to reports

The following reports were produced for public sharing as a part of or in relation to IDS-03 and the wider IDS activity stream. Click on documents to be linked to publicly available copy.

IDS-03 Specific Reports

- **i-Hub IDS-07 Design Studio outcomes report_100%_v1.2_inc_Appendices**: Main technical learning/outcomes knowledge sharing report. Includes selected student work, consultant feasibility vetting report etc.
- **i-Hub IDS-03 Lessons Learnt Report :** Details of lessons learnt (Technical and logistical).
- **i-Hub IDS-03 Final Sub-Project Knowledge Sharing Report :** This report.

Related material of interest produced in wider IDS activity

- **i-Hub IDS-KS Catalyst for Integrated Design :** Live integrated design methodology document (updated with learnings from each successive IDS).
- **IDS-KS JP01-CREATING INTEGRATED DESIGN IN AN ACADEMIC ENVIRONMENT: PROCESS AND A METHOD** : Journal paper manuscript – note: not accessible publicly until published due to Journal IP restrictions. Link to be provided at that time.
- **IDS-KS JP02- IDS: An integrated design approach for architect/engineer education using Zero Carbon targets** : Journal paper manuscript – note: not accessible publicly until published due to Journal IP restrictions. Link to be provided at that time.
- **IDS-KS MA01 What are we doing about integrated design published copy**: PDF of published Ecolibrium August Issue.
- **IDS-KS MA02 BuildingPerformanceAttributes :** Article content (pending publishing).
- **IDS-KS i-hub summit I IDSs** : YouTube recording of IDS June 2020 webinar

- **IDS-KS i-hub summit II IDSs** : YouTube recording of IDS June 2020 webinar.

5. Applicability beyond current contract.

The sub-project outcomes are envisaged to have the following applicability beyond the current contract:

- Catalyst for Integrated Design document: Envisaged this will be able to be used by industry in setting up integrated design environments. Note that the current version has already been requested by and provided to individuals in industry.
- Integrated Design Studio Framework: The integrated design studios have been welcomed by clients and participating consultants. The framework developed is envisaged to continue in a perhaps slightly modified unfunded format after completion of the current program of contracts.
- Studio Outcomes Report: Is envisaged to be referred to by people in the data centres industry interested in building more sustainable data centres.

  Learnings from this report will also be incorporated into an IDS activity wide report planned to be produced as a compendium of integrated design findings across the various building typologies explored.
- Papers and magazine articles produced will join the literature surrounding integrated design able to be interrogated into the future.
- Carbon Catalogue: Results from the project vetting will feed into a *Carbon Catalogue* per Building type that draws on the benchmarking undertaken by the IDS team.
- Consultation with Industry: Members of the IDS team will follow discuss results of the investigation with industry representatives about applicability of findings from the IDS on wider use in practice.
- Ongoing programme of integrated design studios (IDSs). It is envisaged that the IDSs will continue in an unfunded form in each of the three institutions involved in the project (The University of Melbourne, The University of Wollongong, and Queensland University of Technology).

6. CONCLUSIONS

Conclusions and integration into the wider IDS programme

The IDS framework, paired with experienced educational experts, and equally proficient engineering and architecture consultants, supported students to challenge the existing dogma of (often sequential) design collaboration. Via the integrated design approach, nearly a dozen of environmentally optimised, and architecturally challenging proposals were developed by students over the course of the semester. The studio progress was logged by the IDS team via detailed observations. The observations reflect some of the conditions met by professionals in everyday practice, but they also offer ample suggestions for process-improvement, change in attitude, and suggestions on how to set up integrated design processes to maximise the output of all involved. At the same time, the reflections from those involved, also offer constructive criticism on how to improve the IDS program for future iterations.

The output generated by the students represents a dense array of solutions, that address the functional and operational requirements of the client, whilst challenging existing conventions. Inspired by the consultants and the studio tutor, the students included and tested a range of highly innovative technologies, both for the existing building stock as well as the new additions. These solutions provide highly beneficial feedback to the client and serve as an inspiration for discussions within their government organisation. Beyond this quality, some key solutions have been taken further by the consulting engineers, in order to produce an in-depth investigation about the renewable energy applications and energy performance of schools, with a detailed comparative study on zero Carbon interventions vs BAU.

The learnings will be further incorporated into an activity wide document consolidating building typology learnings and opportunities.

Summary of Building Typology Zero Carbon Design Learnings

Work in the studio was able to show that energy savings of up to 60-70% could be achieved. This is especially significant considering the energy intensive typology which is inherent to aged-care homes. To cover the remaining energy which was to be drawn from the grid in the months which solar power could not meet the entirety of the demand, offsets and selecting green energy sources was identified as a pathway towards carbon neutrality in operations.

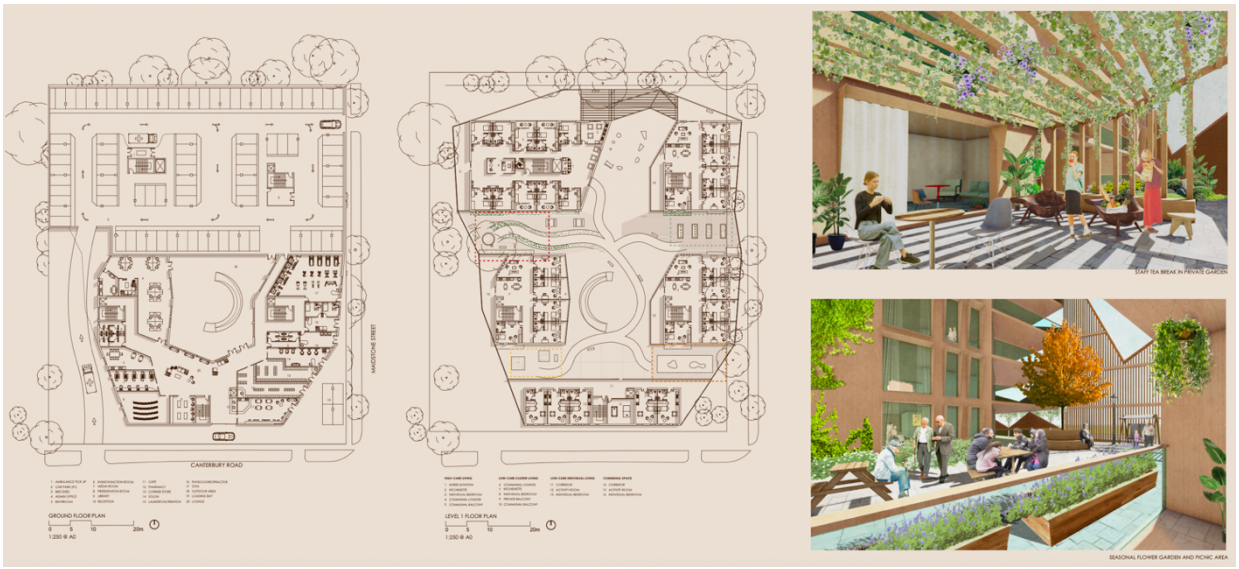

Figure 6: Carol, Skye, Morna – The Nest, plans and views