HOUSING PERSPECTIVE FOR PEOPLE WITH DEMENTIA

Alzheimer’s Society conference, 9th July 2015
Living well and maintaining independence seminar
Outline:

• Why does dementia friendly housing matter?

• What steps can providers take towards dementia friendly housing?

• What are the benefits?
Why does dementia friendly housing matter?
It matters because:

- A review of the literature found strong evidence that the appropriateness, layout and appearance of the physical environment are key important aspects contributing to quality of life for people with dementia.

People who have dementia and their supporters have highlighted the physical environment is one of the aspects which make the most positive difference to their lives.

e.g. Innovations in Dementia (2011) (on behalf of DH) work asking what makes a good community for people with dementia to live in

http://www.innovationsindementia.org.uk/projects_communities.htm#ourhouse
Design of the built environment can significantly help compensate for sensory loss and cognitive impairment. It can significantly improve QoL through:

- maximising independence in activities of daily living
- preventing falls
- reducing agitation
- improving orientation
- enabling people to stay in their homes for longer.

(The King’s Fund, 2014)
http://www.kingsfund.org.uk/projects/enhancing-healing-environment/ehe-design-dementia
It matters because:

Issues that need support through design include:

• impaired vision and hearing
• impaired ability to recognise objects, remember how to use them, or where to find them
• problems wayfinding
• difficulties recognising the time of day / week / year
• reduced ability to recognise risk or unsafe practices / situations.

What steps can providers take towards dementia friendly housing?
What is dementia friendly housing?

• First and foremost: **homely**
• **Supports changes/challenges** associated with dementia
• **Special attention** needs to be paid to:
  – Sound
  – Lighting
  – Space/Physical Orientation Aids
    (incl. signage, ‘landmarks’, artwork, memorabilia, colour)
  – Time orientation aids (time of day, week, month, season/year)
  – Layout
  – Facilities (quite space; communal space; things going on)
  – Fixtures and fittings
  – Decoration
  – Furnishing
  – Effective use of Assistive Technology.
Example: Staffordshire Dementia Centres of Excellence

Flagship centres developed in partnership

- Staffordshire County Council
- Symphony
- Accord Group
- Keepmoat
- Quattro Architects.

State-of-the-art facilities in Lichfield and Burton.
Example: Staffordshire Dementia Centres of Excellence

New centres bring innovative thinking to design of homes for people with dementia coupled with first-rate care:

- Greenhouse Model
- ‘home-from-home’ environment
- communal areas and facilities such as a café
- areas where people will cook and eat together
- areas for family gatherings
- accommodate pets
- choice, control and dignity = central concepts
- environment and care based around the ‘Eden Alternative’.
Example: Staffordshire Dementia Centres of Excellence

Aim: to deliver the best in building design, security and AT to support high quality care by giving people space, facilities and staff to bring out the best in their residents.
Useful Evidence Based Design Guidelines and Tools

Is Your Housing Dementia Friendly?

(Kings Fund, 2014)

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Useful Evidence Based Design Guidelines and Tools

At a Glance: a Checklist for Developing Dementia Friendly Communities

(Housing LIN, 2012)

Useful Evidence Based Design Guidelines and Tools

Good Practice in the Design of Homes and Living Spaces for People with Dementia and Sight Loss

(Thomas Pocklington Trust, 2014)

http://www.pocklington-trust.org.uk/researchandknowledge/publications/RF42DesignForDementiaAndSightLoss.htm
Useful Evidence Based Design Guidelines and Tools

Making your home more dementia friendly

An online ‘interactive house’ from Dementia Care

Useful Evidence Based Design Guidelines and Tools

DSDC’s Virtual Care Home

Design Ideas and Principles

http://dementia.stir.ac.uk/design/virtual-environments/virtual-care-home
What are the benefits of dementia friendly design?
“getting design right can make a fundamental difference to the lives of people with dementia.”

“It can improve the life experiences and increase the life expectancy of those affected by dementia”.

Dementia Services Development Centre (2012)
http://dementia.stir.ac.uk/design/virtual-environments/virtual-care-home
• Specialist design for dementia is a key aspect of successful extra care schemes.

• The physical environment can have a wide range of positive impacts on outcomes for tenants, staff and visitors including:
  – increasing safety and well being, and
  – reducing stress and anxiety.

(Dutton, 2010)
• Pleasant, homely and easy to understand environments offering opportunities for residents to improve their functioning can increase:
  – independence
  – mobility and
  – encourage food and fluid intake.

• AT has many benefits in terms e.g. of increasing security, independence and quality of life, and reducing risks.

(Dutton, 2010)
At a Glance: a Checklist for Developing Dementia Friendly Communities

This viewpoint allows practitioners to develop ideas and strategies for the development of dementia friendly communities. It is targeted at local housing associations and community groups who wish to develop dementia friendly housing, and is informed by research from the University of Exeter and the University of Winchester. (see viewpoint 24, Housing Uniting, May 2012).

Good practice in the design of homes and living spaces for people living with dementia and sight loss

- EHE Environmental Health Assessment Tool

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Rachael Dutton, Head of Research and Intelligence

rachael.dutton@accordha.org.uk
https://twitter.com/duttonrt