

DC
THE DEMENTIA
CENTRE

Creating enabling environments: Stories of success

Danielle McIntosh

HammondCare
An independent Christian charity

Research

Publications & Products

Information

DC
THE DEMENTIA
CENTRE

Consultancy

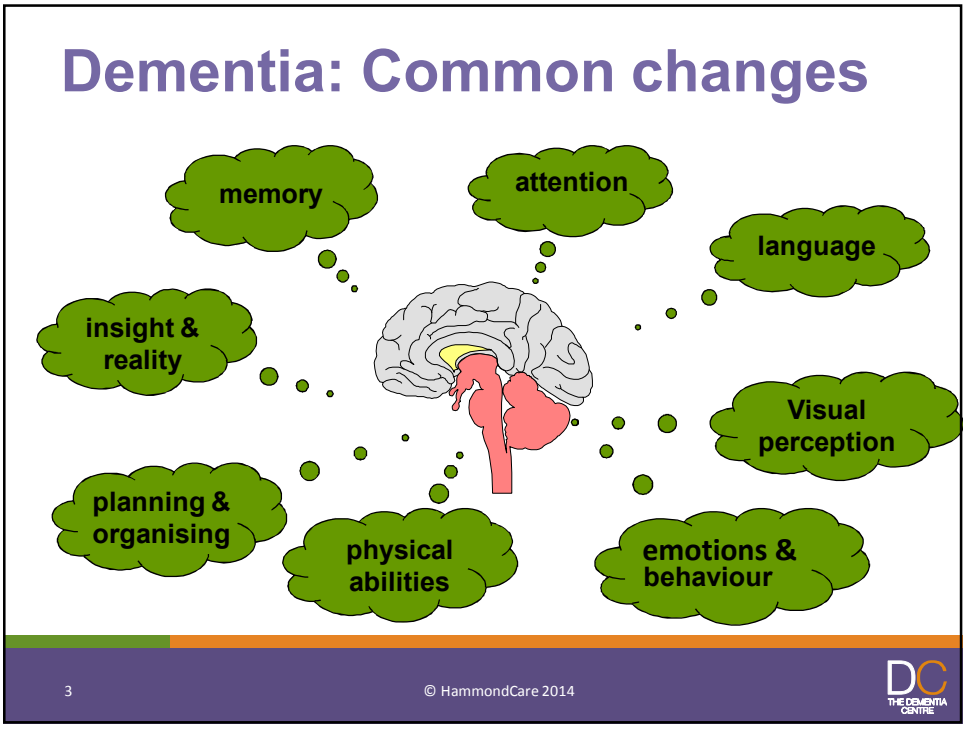
Conferences

Training & Seminars

NSW-DBMAS

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The impact of ageing

Vision

- " Acuity . 75% of people over the age of 70 have problems
- " Reduction in the visual field
- " Light Adaptation
- " Colour - Contrast + Range
- " Eye Muscle

Hearing

- " Clutter
- " Discomfort
- " Auditory Distraction

Physical

- " Reducing endurance
- " Sensation in feet
- " Lung capacity
- " Skin/subcutaneous fat

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Why does design matter?

The disabilities that people with dementia experience are a result of the relationship between what's happening in the brain and their social and built environment. +

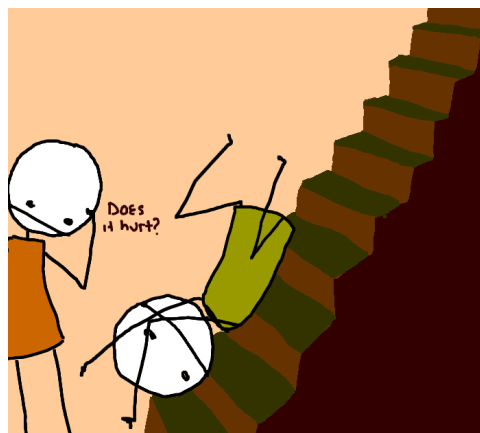
Emeritus Professor Mary Marshall

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Slips, trips & falls



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Overstimulation... agitation... aggression



I AM FINDING IT DIFFICULT
TO CONCENTRATE BUT I
AM NOT SURE WHY

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Boredom... depression



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Design Principles

Design should:

- “ compensate for disability
- “ maximise independence
- “ enhance self esteem and self confidence
- “ demonstrate care for staff
- “ be orientating and understandable
- “ reinforce personal identity
- “ welcome relatives and the local community
- “ allow control of stimuli

Marshall, M 2001 Environment: how it helps to see dementia as a disability. J of Dementia Care

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Design Features:

- “ Small size
- “ Domestic and home like
- “ Scope for ordinary activities
- “ Unobtrusive inclusion of safety features
- “ Different rooms (*spaces*) for different functions
- “ A safe outside space
- “ Single rooms big enough for personal belongings

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Design Features:

- “ Good signage and multiple cues where possible
- “ Use of objects rather than colour for orientation
- “ Enhance visual access (consider ~~aural~~access as well)
- “ Control of stimuli especially noise, glare, patterns and excessive temperature

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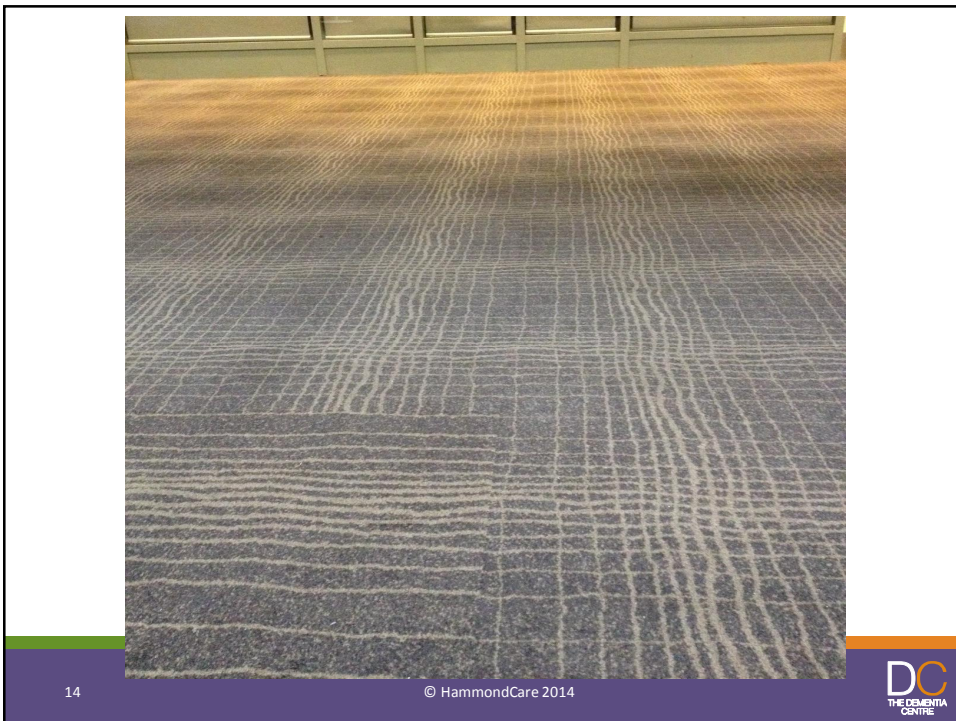
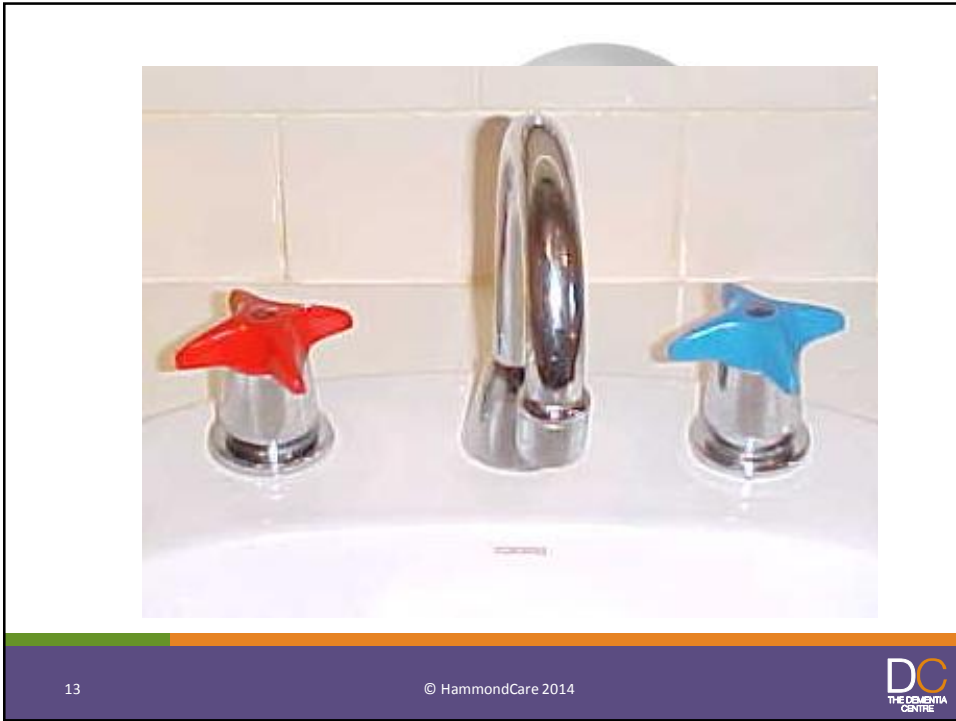


Why do
these make
good
design?

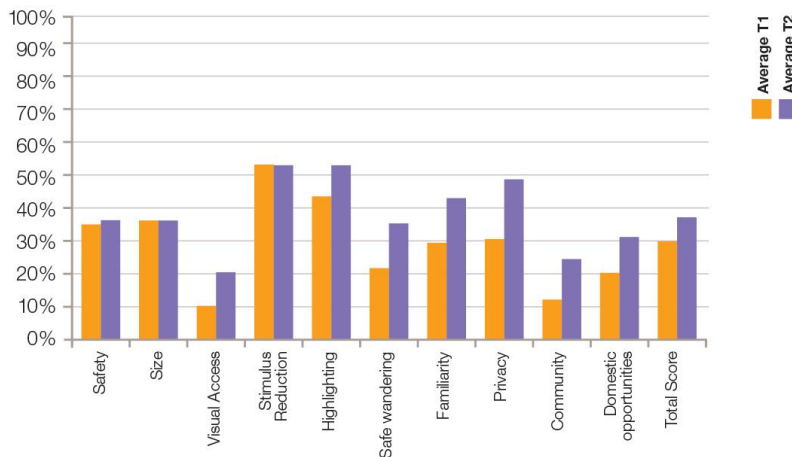
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Improvement in Environment



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Moving from Sinclair to Southwood

- 71% fewer falls in corridors
- Only 3% of residents with recorded weight loss compared to 13% before
- 2 residents need help at mealtimes compared to 7 before
- 60% reduction in reported physical aggression
- Medication for aggression and agitation reduced from 20 times to once a week
- More quality time with residents

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How do we make change happen?

- “ Know your clients/customers
- “ Understand the evidence
- “ Seek expert advice and support
- “ Know the regulations better than the regulators
- “ Advocate for your clients
- “ Work together to make good design for everyone

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*The environment has
the capability to enable
or
further disable people
living with dementia*

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Contact us

www.dementiacentre.com.au

p +61 2 8437 7355 f +61 2 9475 4979

e dementiacentre@hammond.com.au

Greenwich: PO Box 5048 (Pallister House, 97-115 River Rd)
Greenwich NSW 2065 Australia

Hammondville: The Village Centre, 11-23 Judd Ave,
Hammondville NSW 2170 Australia



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