CHRIS & SALLY’S HOUSE

LIVING WITH DEMENTIA

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8th November 2018
How can we respond as designers?

The Experience of Dementia
CHRIS & SALLY’S HOUSE
AGEING IN PLACE - DESIGN FOR DEMENTIA

THE ISSUES

• 70-80% of people living with dementia continue to live in their own homes

• They live in the same neighbourhoods and use the same facilities and centres

• Design for Dementia can help people living in their own homes to sustain their capacity for longer and maintain their quality of life as members of the community

• ‘Design for Dementia’ by Bill Halsall and Dr. Rob MacDonald tackles the design issues presented by dementia.
Design principles to assist people living with dementia are developed through engagement as well as research.

DAA group members participating in the design of the ‘Design for Dementia’ Home.
‘Living Lab’ approach forms the basis of engagement with people living with dementia.
**CHRIS & SALLY’S HOUSE**

**KEY DESIGN - PRINCIPLES**

- **SENSE OF PLACE**
  - Familiar
  - Distinctive

- **SECURE**
  - Safe

- **CLARITY**
  - Legible

- **REASSURING**
  - Comfortable /stimulating

- **RESPOND TO ALL NEED**
  - Accessible
CHRIS & SALLY’S HOUSE

• A DEMONSTRATION PROJECT – how can design help people ‘Living with Dementia’ to retain their capacity and to live safely and comfortably in their own homes for longer?

• A RESEARCH PLATFORM – to carry out ongoing evidence based research into ‘Living with Dementia’

• A LEARNING TOOL – to assist people ‘Living with Dementia’, their carers, developers and institutions in the care, health and housing sectors to understand how new housing design can be improved to cater for ‘ageing in place’
CHRIS & SALLY’S HOUSE
EXISTING TWO UP, TWO DOWN COTTAGE

• The only bathroom is upstairs - incontinence issues
• Bath is hard to get in and out of
• Stairs are a struggle
• Views of the garden are poor
• Access to the garden is difficult
• Thresholds are not easy to cross in a wheelchair
• Lighting levels are not adequate (natural or artificial)
• Ventilation is poor - windows are hard to open
• On a sunny day there is glare and overheating
• There is restricted headroom at first floor

GROUND FLOOR
CHRIS & SALLY’S HOUSE
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Main bedroom and adjoining shower room to wheelchair standards with a hoist and view from bed to wc

Wheelchair accessible lift

Kitchenette for food and drink preparation/medication

Carers bedroom

New manual and automatic opening windows

Open plan living/kitchen dining space

Dayroom/dining room/quiet room

Shower room downstairs with hoist access from dayroom.

Living room with view to wc

Walkability as well as wheelchair access

‘View to Green’

Light reflectance values differentiate between walls/floors/furniture

Floors finishes have consistent light reflectance values avoiding trip hazards

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Thresholds are wheelchair accessible
• Open plan arrangement
• Legibility between rooms
• Easy access to WC and shower room with good visibility for orientation
• Lift access to first floor, to accommodate wheelchair plus carer
• Minimising doors
• ‘Walkability’ as well as wheelchair access
• Kitchen with glass doors and drawers for visibility of kitchen equipment
• High and low-level work surfaces
• Rounded corners to minimise risks from falls
• ‘View to Green’ – good aspect
• Good natural and artificial light
• Tonal contrast between floor, walls, door, kitchen unit fronts and worktops based on approximately 30% difference in light reflectance values
• ‘Personalisation’ and ‘memories’ to make it feel like a home
CHRIS & SALLY’S HOUSE - LOUNGE

- ‘Walkability’
- ‘View to Green’
- Visibility to the WC
- Open plan with visibility to kitchen and entrances
- Tonal contrast between walls, floor and furniture
- Curtains with highlighted edge for ease of use
- High level of ambient and task lighting
- Accessible and visible storage
- Rounded corners to reduce risk of falls
• Alternative uses: dining room, quiet room or day room for end of life care
• ‘View to Green’ with blackout blinds
• Hoist to shower room

• Pocket door between day room and shower room for flexibility between alternative uses
• Multiple wheelchair charging positions
• Wheelchair accessible
• Wet area for shower
• Non-slip floor
• Hoist to shower and toilet

• Tonal contrasts between floor, walls, grabrails, seat
• Wash down surfaces for ease of cleaning

• Storage with washer/drier
• Pocket door to the dining/day room

• Shower curtains with magnetic closing
• Retractable seat in shower enclosure
• Fully wheelchair accessible
• ‘View to Green’
• Hoist to shower room

• Curtains and blackout blinds
• Wheelchair charging position
• Ambient and task lighting

• Adjoining kitchenette area – for preparation of light meals and drinks and storage of medication
CHRIS & SALLY’S HOUSE - BEDROOM 2

- Respite for carer
- ‘View to Green’
- Blackout blinds
- Tonal contrasts for easy visibility
- Wheelchair adaptable
Design for dementia can help people living with dementia to sustain their capacity and live comfortably in their own homes for longer.

Engage with people living with dementia to better understand their needs and aspirations.

The design principles apply to new build as well as refurbishment.

Design for dementia includes neighbourhoods, public spaces and public buildings.

Housing, social and health care policies should support this alternative approach to providing elderly care for the benefit of families and communities as part of an integrated approach to ‘ageing in place’.