

Designing the Environment for Connection to Nature



Trinity Centre for Health Sciences
St. James's Hospital, Dublin

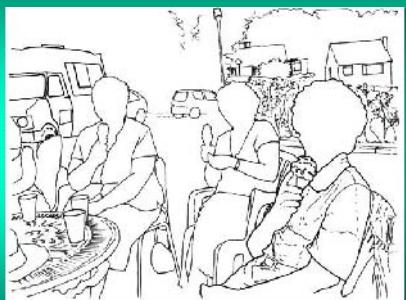
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Chalfont Design

- **Research** quality of life in dementia - What is enjoyable, important and meaningful?
- **Investigate** care environments - How does the design of architecture, landscape and care practice impact residents, staff and visitors?
- **Design** places to *Enjoy*, that *Enable* and *Empower*.
- **Teach** care practice how to engage with nature.
- **Promote** and **Publish** places of good practice.

Evidence-based design since 1989
Greenbelt, USA and Sheffield, UK

One



Benefits

Scientific evidence for the benefits of plants, exercise, fresh air and sunshine

Benefits of exercise and movement include improved sleep patterns, mood, memory, behaviour, appetite, strength, agility, balance and delayed onset of dementia.



Nature and being outdoors provides or improves sensory stimulation, orientation, circadian rhythms, blood pressure, attentiveness, verbal expression, contemplation, restoration, sleep, mood, agitation, aggression & behaviour.

Companionship: A visiting crow

'Should see him fly while... dear me,
(shouts) Come on! Come on little 'en! Here be!
Here be! Come on. ...fly now...oh, there's...
waiting for you on the wall yonder. It's a
shame though the way they get nowt in't it? I
give 'em some. Pretty! Come on ducky!'



In this dementia care home in Norway, conversation occurred between the woman in the drawing and the man living next door who came out to tend his garden.

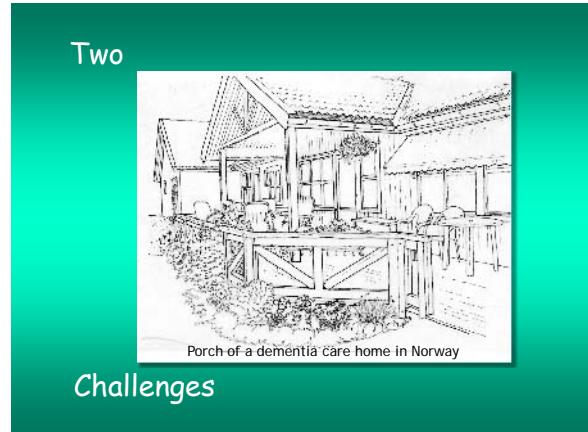
Self-Identity and Social role



Blokes at the bowling green



Poet reading in the arbor



Sometimes care environments separate people from the natural world

- Locked doors prevent free movement
- Limited natural daylight and ventilation
- No indoor plants or animals
- People are not routinely taken outside
- Outdoor areas not visible from inside, not safe, lack of appropriate furnishings
- People are encouraged to stay seated

Environment is not just a place...
but a process of interaction
between people and place

people

the natural world the built world

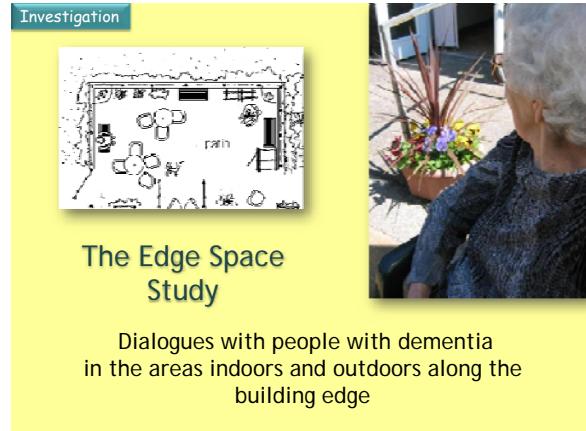
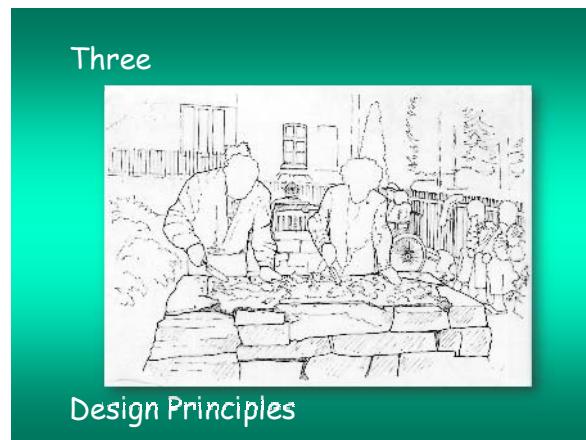
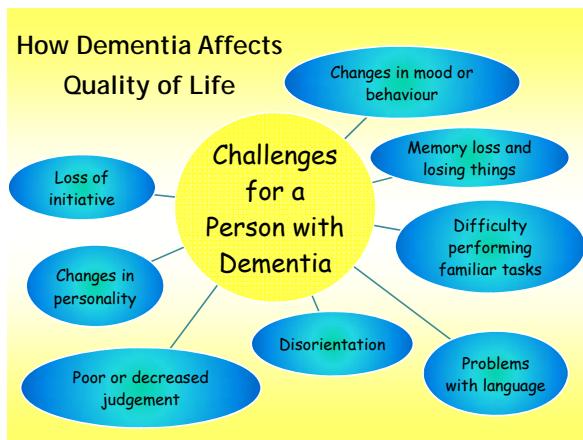
...into which care is embedded

Social, cultural and political challenges to designing a quality life for people with dementia

- staffing issues
- social stigma
- types of services and care provision
- policy agendas
- regulatory environment and the inspectorate
- funding priorities and the economic climate
- and so on....

Enact your design by engaging with people:

- Staff awareness training
- Family involvement
- Keep current about needs and wants
- Interpret design guidance relevant to your setting - practitioner insight, knowledge and care philosophy
- Enable people with dementia





Enable people to maintain relationships



Allow personal freedom and solitude through safe and easy access to outdoors



Places that are recognizable remind people what to do.



Many people find satisfaction in purposeful endeavor and meaningful occupation.

Sometimes finding a daily task, something that needs doing, can make life worth living.



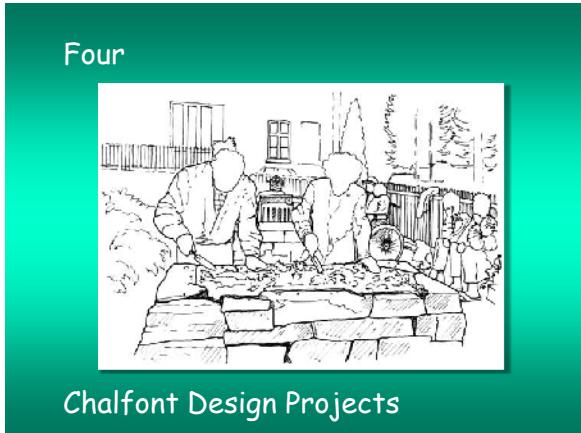
Enabling design is about making places....



...to carry on living



Nature can be a tool to promote communication and mental health



The central **Courtyard Garden** welcomes people to the front entrance of the home with trees, green space, colourful plantings and traditional Cotswold materials.

Adjacent the Dementia Care unit the garden offers raised beds, seating, sensory plants and social



The sunny **West Terrace** Terrace invites sitting and strolling amid raised planting beds, small flowering trees and a central archway with cascading blossoms - all with a view towards the orchard and the ancient woodlands.



The **Dementia Care Activity Garden** is a stimulating place for residents to engage in domestic and therapeutic activities, to enjoy nature as independently as possible out in the fresh air and sunshine.



The **Nursing Care Activity Garden** provides for tending plants and enjoying peace and quiet while watching the birdlife in the tranquility of the ancient woodlands.



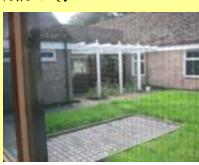
Charnley Fold, Lancashire, England Before: a 40 bed residential home.



Dark, oppressive interior spaces with few doors and limited views out.



Outdoor spaces are impersonal. There is nothing to do, no seasonal interest and no areas for personal involvement.



Charnley Fold



Charnley Fold provides enhanced dementia day care for people with complex mental health needs.

