

UNIVERSITY OF STIRLING

# The Design for Dementia Audit Tool: a practical solution

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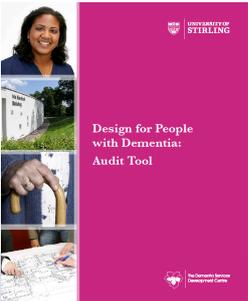
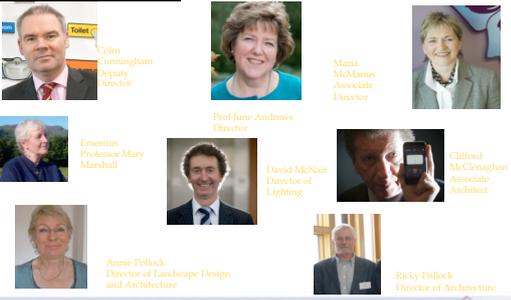
[www.dementiacentreni.org](http://www.dementiacentreni.org)

## The Iris Murdoch Building

- Purpose-built, opened in 2002
- Design example of dementia-friendly public buildings




## Design for Dementia Audit Tool

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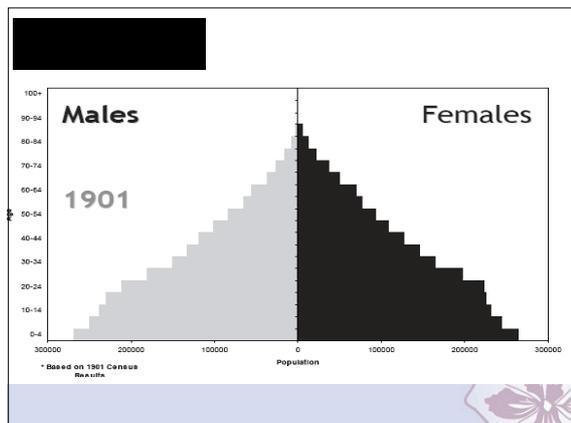
Ricky Pollock  
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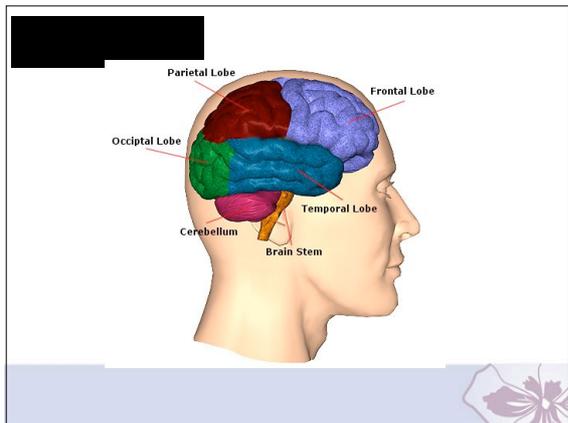
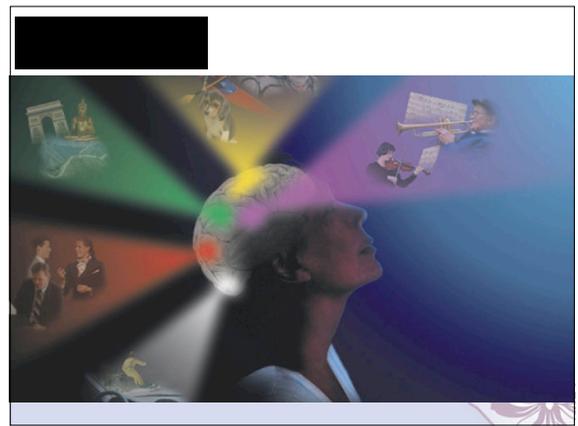
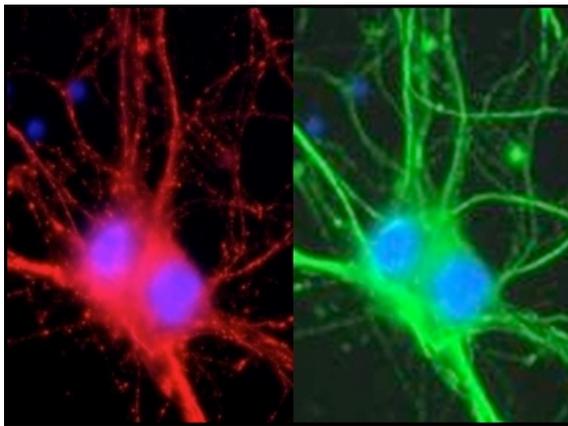
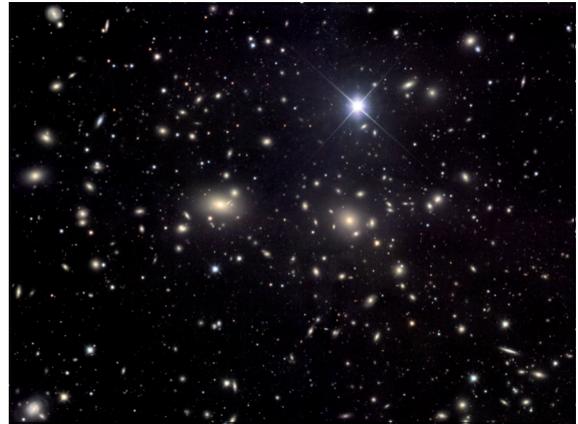
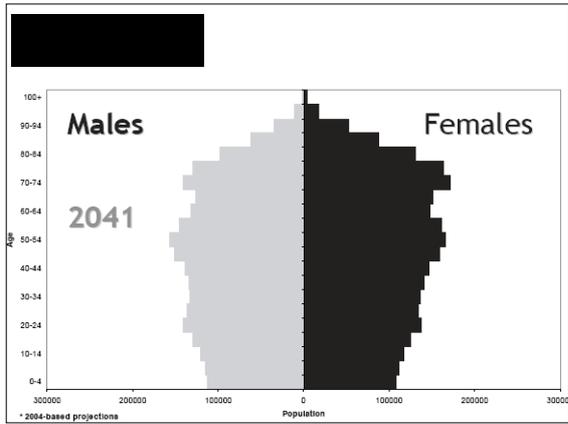
## Number of People with Dementia

- UK – 1M
- Ireland 37.4k
- Spain- 691k
- Germany -1.35 M
- Italy- 1M
- France – 974k
- Europe 7.3M

» Source: EuroCoDe 2009

- Projected increase of 75% by 2031





**Types of Dementia**

**Alzheimer's** | **Lewy Body's**

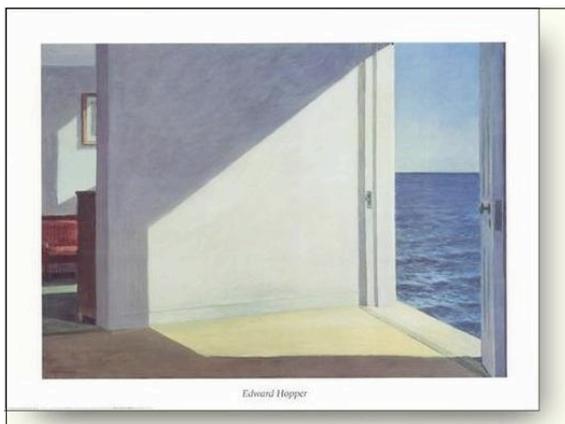
**Vascular (Multi-Infaret)** | **Alcohol Related**

### Designing to address the disabilities of dementia

- Impaired memory
- Impaired learning
- Impaired reasoning
- High levels of stress
- Difficulty adjusting to the sensory/mobility impairment of normal ageing

*“the disabilities that people experience are a result of the relationship between what’s happening in the brain and their social and built environment.”*

Oh no, he's not is he?" DSDC Video 1999, Mary Marshal



### Dementia-friendly environments

- Definition:
- *‘ a cohesive system of support that recognises the experiences of the person with dementia and best provides assistance for the person to remain engaged in everyday life in a meaningful way.’*

– Davis et al ( 2009:187)

### Design Audit Tool

- Designed by inter-disciplinary team at University of Stirling
- Health professionals and architects
- University of Stirling consultancy
- External accreditation of Dementia Facilities from University of Stirling
- Self -assessment of environments

### Good design should

- Compensate for disability
- Maximise independence
- Enhance self-esteem and confidence
- Demonstrate care for staff too
- Be orientating and easy to understand
- Reinforce personal identity
- Welcome relatives and the local community
- Support stimulation and activity

## People with dementia want-

- Access to the natural world
- Community and participation
- Creative activities
- Support with routines
- Appropriate to function
- Recognisable at multi-sensory level

» Torrington 2006

## International Consensus on Design

- Small in size
- Familiar, domestic, homely style
- Support ordinary activities
- Unobtrusive safety features
- Rooms with distinct functions
- Age appropriate furnishings
- Safe outside space
- Single rooms with space for personal belongings
- Good signs and multiple cues to help way finding
- Use of objects rather than colour for orientation
- Enhanced visual access
- Control of stimuli –especially noise

## Design Audit Tool

- Piloted in UK ( Northern Ireland, Scotland, England and Wales), Australia, and Republic of Ireland
- Purpose built and older converted buildings
- Public, private and charitable associations
- 72 Essential criteria (E)
- 113 Recommended criteria (R)

## what people with dementia say...

- Innes, Dincarslan & Kelly 2010

- Choice – often they have no choice of where they live
- Smell, cleanliness and staff welcome
- 'just visiting' – it doesn't feel like home
- Choice of space within the home
- A private 'defensible' space
- Personal possessions
- Children and animals
- Activities
- Good light
- Not feeling controlled or needing to ask ( safety and security)
- Finding the way around
- Getting outside

## Hall/Entrance/Corridors

- Welcoming space
- Well lit
- Clear signage
- Legible layout
- Clean & uncluttered



## Hall/Entrance/Corridors

- Use of glazing to show room functions
- Variations in width for interest
- Improved natural lighting
- Clearly visible handrails
- Need for waymarking objects



- Lounges/Day Rooms

- Soulless
- Nothing personal
- Lacking in clutter
- Poor lighting
- Perimeter seating
- Hidden activities
- Meaningless pictures
- No link with outside
- Standard furniture



- Activities

- Separate from lounge
- 'wet' and 'dry' hobbies accommodated
- Active and passive involvement
- Social and individual participation



- Lounges/Day Rooms

- Example of room divider with provision for display of objects and see-through arrangement for excellent visibility of functions of spaces
- Well located and clearly visible toilet close to communal spaces



- Dining Rooms

- Canteen style
- Large open space
- Regimented layout
- Sharing 4 and upwards
- No privacy
- No room dividing units
- No easy access to WC
- No good access to garden



- Dining Rooms

- Split by room divider
- Smaller table groupings
- Linked to Lounge space
- Good link to outside
- Clear clock
- Easily accessible toilet



- Kitchen/Dining

- Glass fronted units
- Visible white goods
- Open view to dining
- Open view to lounge
- Good lighting
- See-into fridge
- Different floor finishes in similar tones



- Bedrooms
  - Toilet visible from bed-head position
  - Bed accessible from both sides
  - Space for monitoring equipment
  - Dado rail to assist mobility



- Bedrooms
  - Space for personal possessions
  - Open hanging rail
  - Clothes display space
  - Private living space
  - Handles too small - but visible



- Thresholds and transition strips
  - Unnecessary barrier...
  - Clear preferred route...



Grab rails

- Comfortable to touch
- Easy to grip
- Clearly visible
- Minimise gaps
- Signal ends



- All white hard to see...
- Contrast with walls and WC...

- Alternative

- Signs
  - Large size sign and lettering
  - Mounted at right height
  - Use of strong contrasts
  - Yellow/red highly visible
  - On doors, not beside
  - Memory boxes
  - Use of relevant numbers
  - Combined with picture frames
  - Use of symbols, graphics and text




## Resting areas, and a place in which to sit and 'retreat'

- With robust seating
- Some with shelter from the sun, wind and rain...



(R)

## And choice (and control) in what you do and where you go...

- Greenhouse
- Planters
- Herb / vegetable plot
- Seating with views
- Games e.g. bowls, putting
- Washing lines
- Barbecue



(R)

## A sense of place with familiar objects



(R)

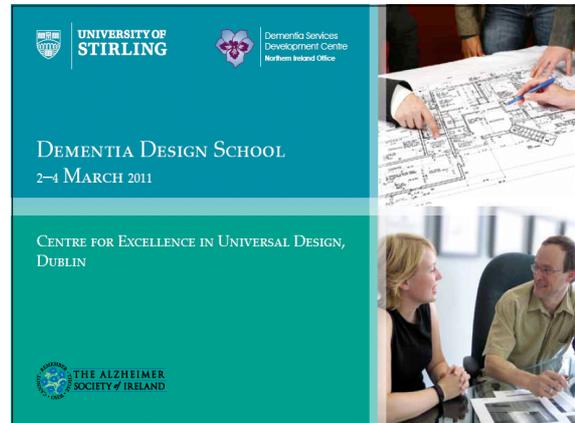
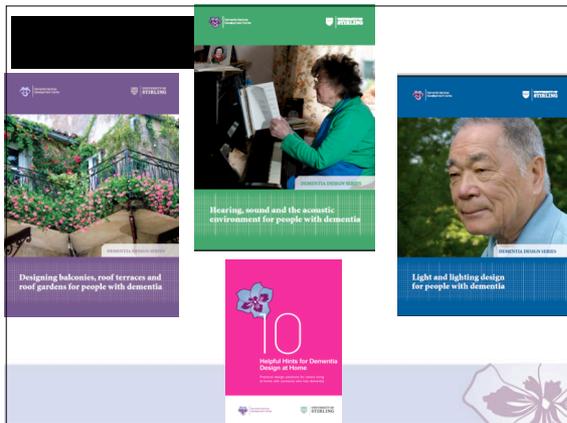
## The Design Audit Tool

Evaluated 2010  
Innes, Dincarslan & Kelly

- Reliability
- 3 tests
- Kappa values
- Intraclass correlation coefficient
- Cronbachs Alpha
- Good inter-rater reliability
- Lengthy
- Detailed
- Information for management decisions
- Measure of the quality of the environment

## Design Audit Tool

- Concerned with things that matter to people with dementia
- Way-finding
- Engaging environments
- Individualised spaces
- Outside spaces
- Could do better??? Stimulation and activities





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## Contact us

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