

brunelcare

Care and choice for older people



Very Sheltered Housing for People with
Special Needs: Dementia

Helen Joy

Chief Executive

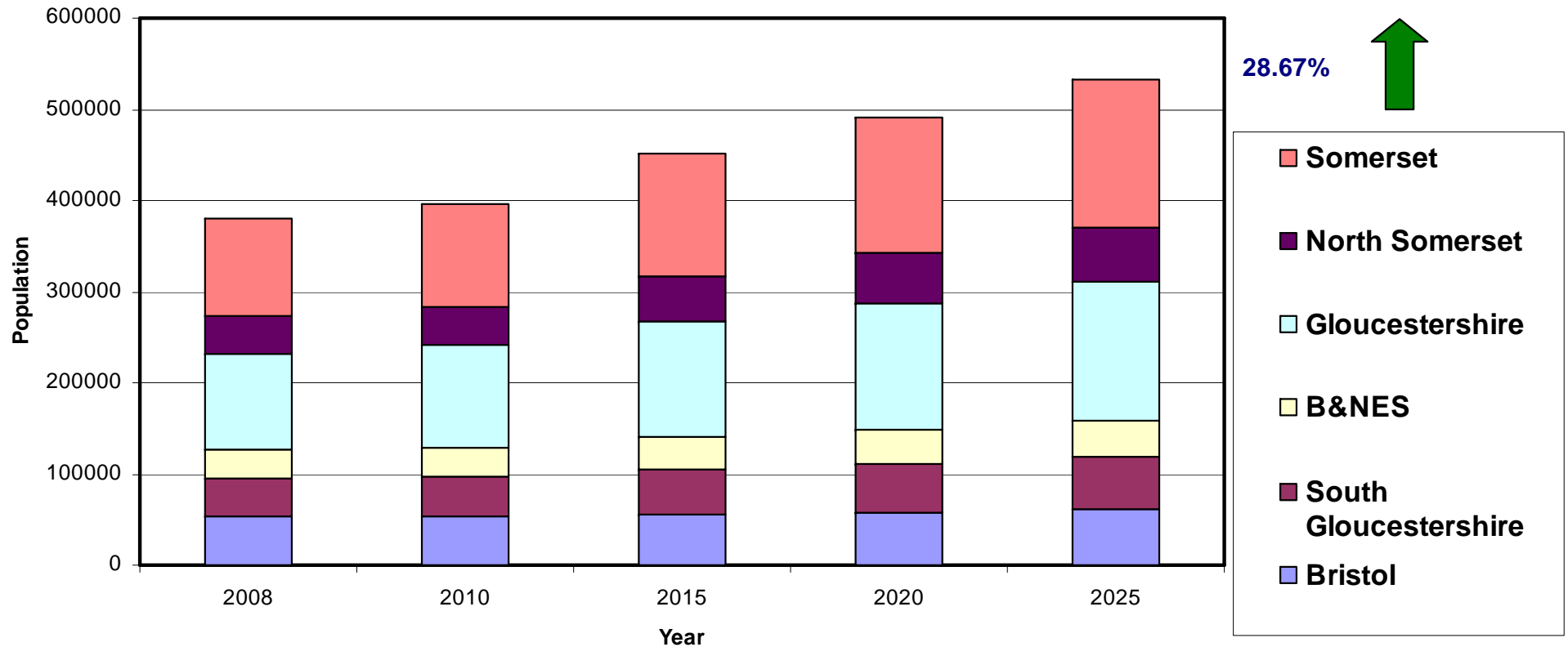
Very Sheltered Housing Presentation

- ❑ **Growth in dementia and what it means**
- ❑ **Photographs of schemes designed with dementia in mind**
- ❑ **Discussion of our design principles and thinking**

An Ageing population

Projected Population for aged 65 and over 2008-2025 by Council

Source: Office for National Statistics; POPPI




Dementia UK Results

The consensus estimates of the population prevalence (%) of late onset dementia

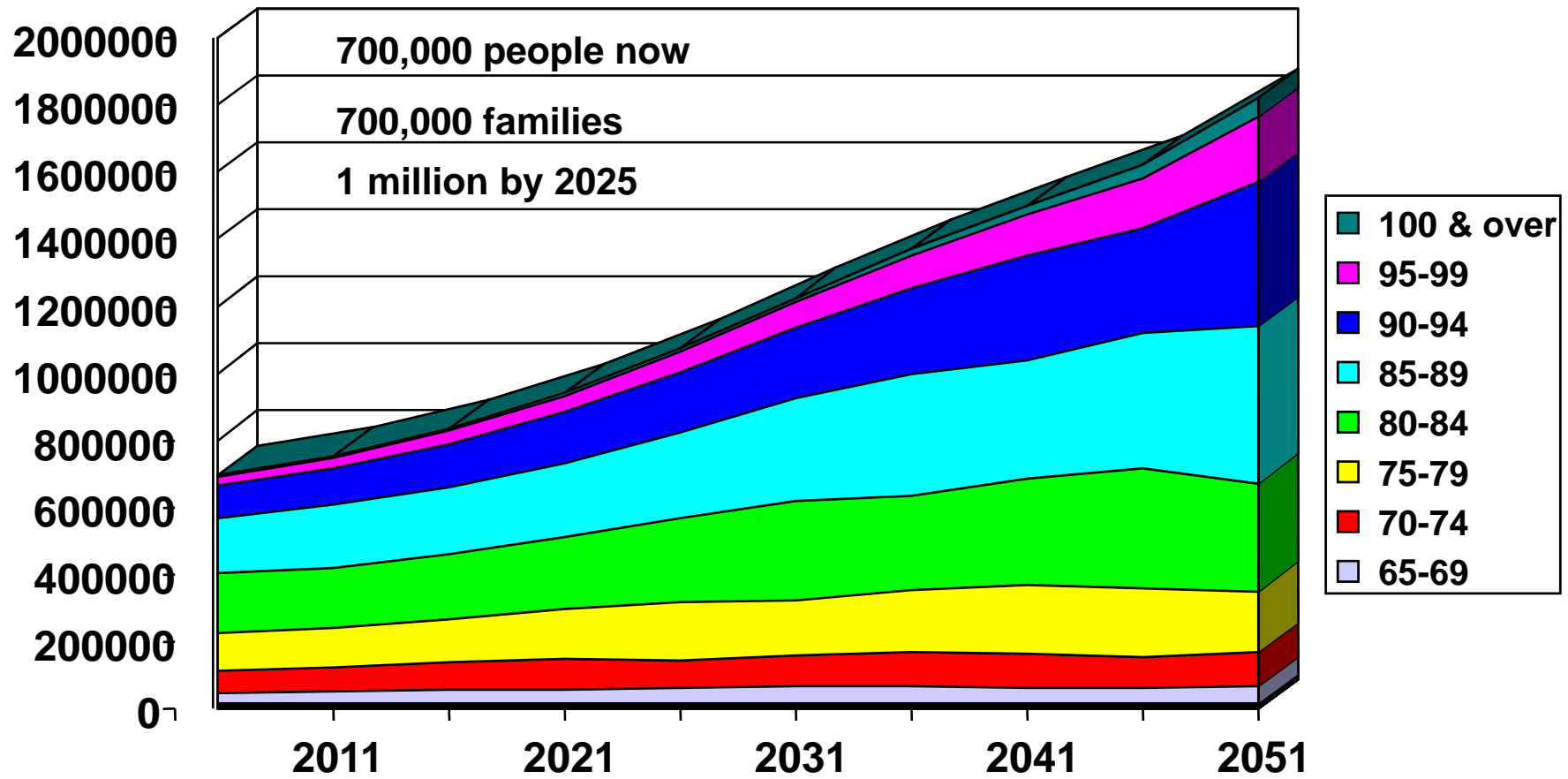
From 1 in 100

Age in years	Female	Male	Total
65-69	1.0	1.5	1.3
70-74	2.4	3.1	2.9
75-80	6.5	5.1	5.9
80-84	13.3	10.2	12.2
85-89	22.3	16.7	20.3
90-94	29.6	27.5	28.6
95+	34.4	30.0	32.5

To 1 in 3

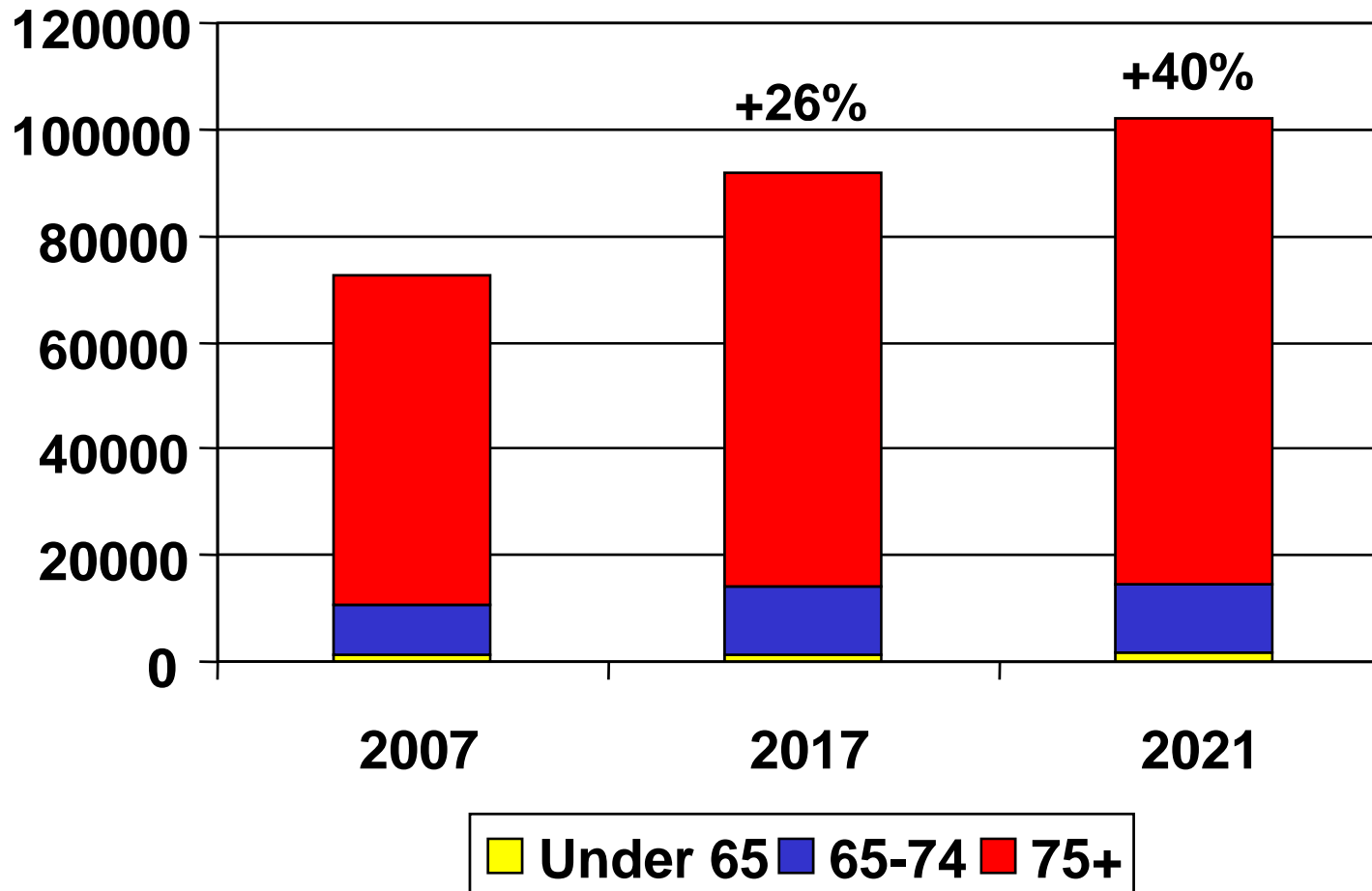


Numbers of people with late onset dementia by age group

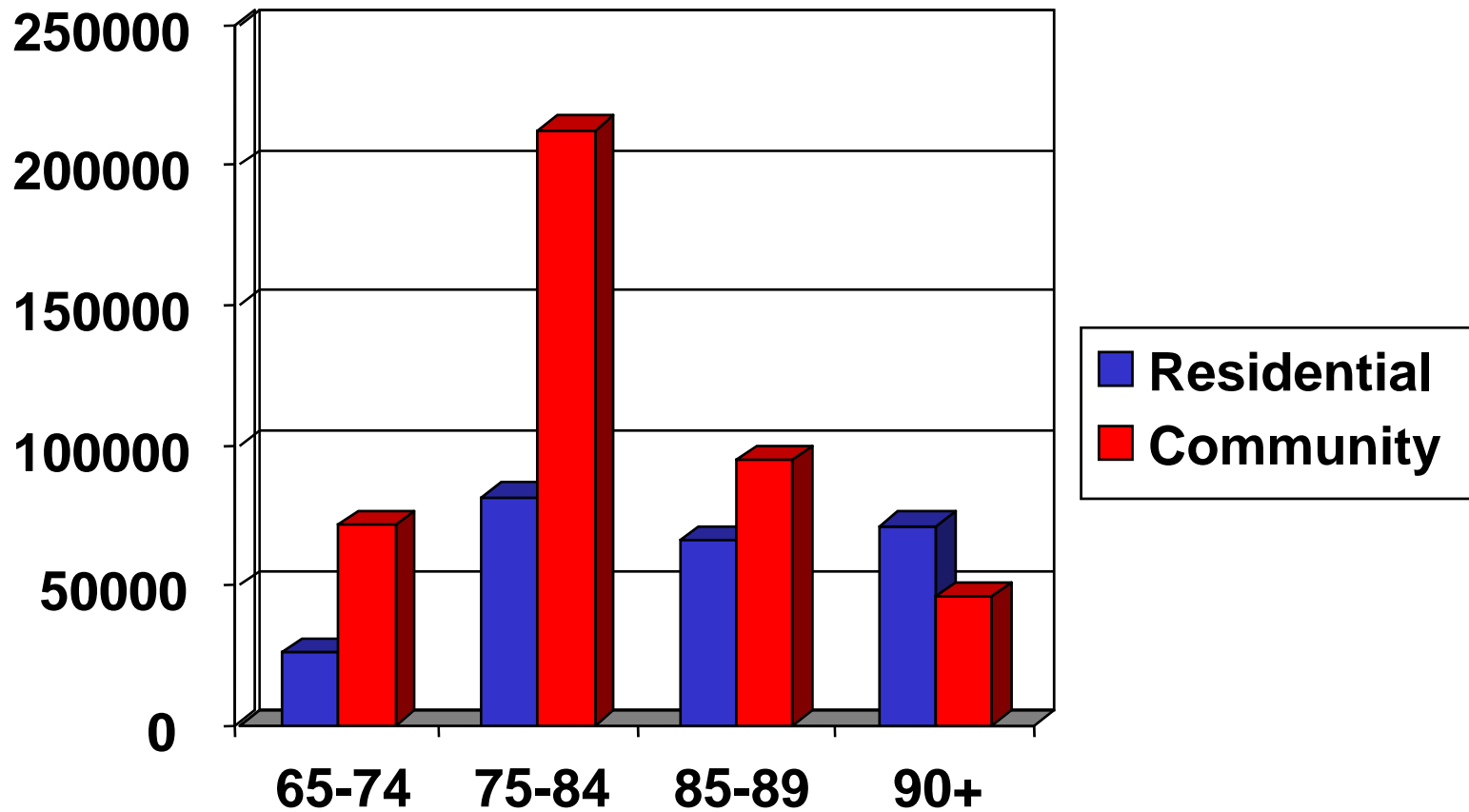


Dementia South West Results

Numbers of people with dementia by age group



Majority cared for at home; proportion in care rises with age



Behaviours at different stages of dementia

Dressing

Early ✓

- ❑ Do it at unusual times or straight after each other

Mid ✓ x

- ❑ Dressing backwards; may get undressed in unusual situations (middle of the street)

Late x

- ❑ Not know what the clothes are for; will need help to dress and undress

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Cooking

- ❑ Need reminding on what to do (chop potatoes, butter bread)

- ❑ Often prepare food for children coming home
- ❑ Leaving food on the stove; not recognise when burning

- ❑ Do not recognise food as food for eating.
- ❑ Need stimulation (smells, showing etc)

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- Believe that they have done the cleaning but have not; others do cleaning all the time

- No cleaning

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Walking

- Go out with a purpose (eg Post office). Confused about where they are, may find way home

- Going out to see someone; not sure who or what for; may be looking for comfort
- Walking at any time of night and day

- Can still be mobile, not necessarily a purpose to walking
- No recognition of where they are

Behaviour is unpredictable; will depend on type of dementia

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Let me tell you about Betty

- 83 years old, recently widowed, 2 children
- Always been a housewife, lives on her own
- In early stages of dementia
- Can cook herself a simple meal, gets herself washed and dressed in the morning
- No awareness of financial status, family do shopping and manage all her bills
- She spends most of her time pottering round her house cleaning and preparing food for family who she thinks are still coming home
- Goes for a walk every day as she is going to pick up her children from school; no concept of time

Let me tell you about Tom

- ❑ 78 years old, married, four children who live far away. In middle stages of dementia
- ❑ Wife is 77 with severe arthritis
- ❑ Used to work as a bus driver; used to getting up and going out early in the mornings. Early riser; now gets up in the middle of the night
- ❑ Wife needs to help him get dressed; has to get clothes and what to wear
- ❑ Goes to make himself a cup of coffee and forgets that he has put the kettle on or will forget to boil the kettle and make a cold one.
- ❑ Wants to go outside a lot as he wants to go to work; gets very anxious and frustrated; thinks boss is going to sack them
- ❑ Wife is exhausted as she can't go out anywhere and leave him; constant worry that his will go out and get lost.

Options for Accommodation for people living with a dementia

- Shared Housing
- Standard extra care Scheme with people living with dementia dotted around the scheme
- Standard extra care scheme with people concentrated in 1 area
- Dementia specialist scheme
- Care home

Belfast: Shared Housing



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Brunelcare Colliers Gardens Extra Care Housing Designed with dementia in mind



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Colliers Gardens: Different Coloured Corridors



Care and choice for older people

Colliers Gardens: Different Coloured Corridors and good lighting



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Colliers Gardens: Contrasting Doors: window ledges to personalise



Colliers Gardens: Contrasting Doors: window ledges to personalise



Colliers Gardens: Contrast Tiling in bathroom



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Colliers Gardens: Contrast tiling in Kitchen



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Colliers Gardens: Secure by Design



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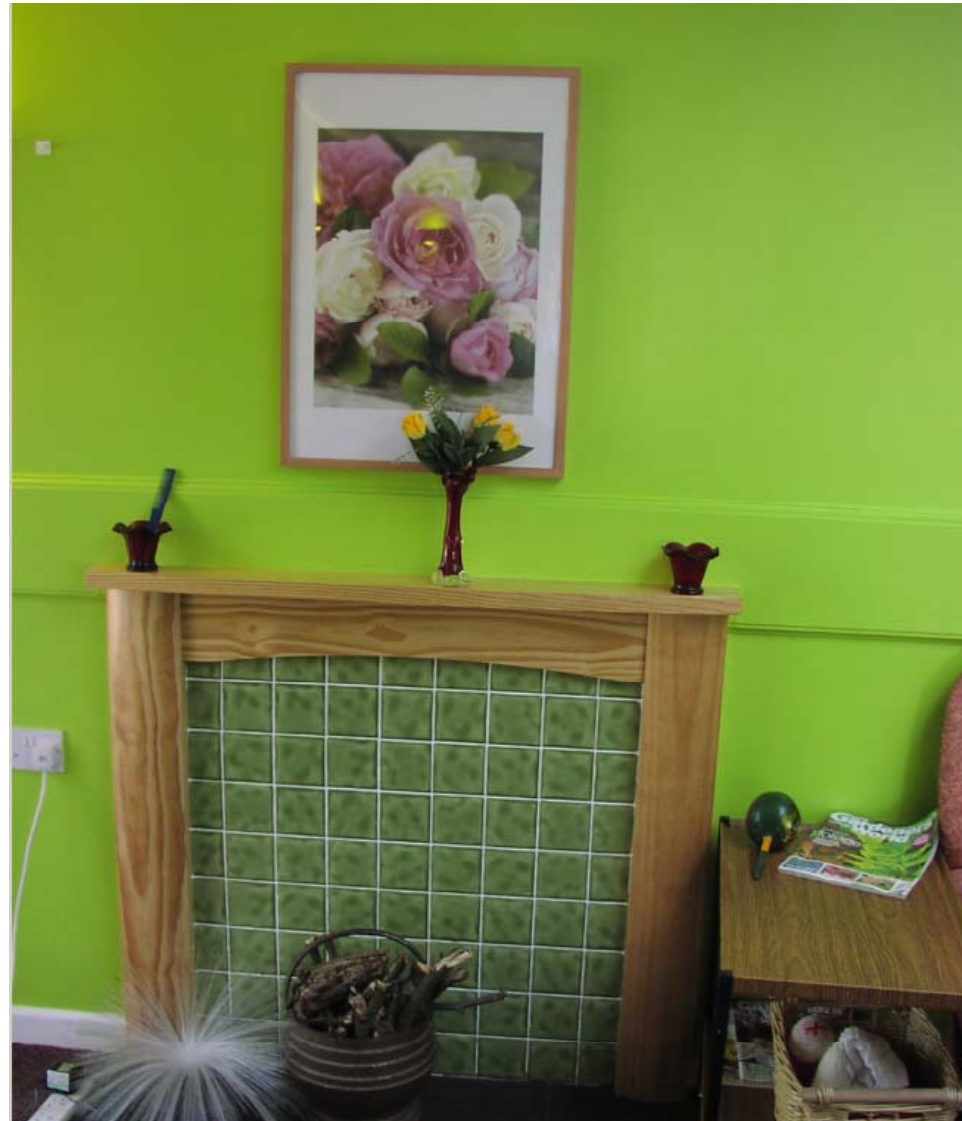
Colliers Gardens: Extra Care: Secure by Design



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Brunelcare: Saffron Home

Residential Dementia Care: old fashioned fireplace



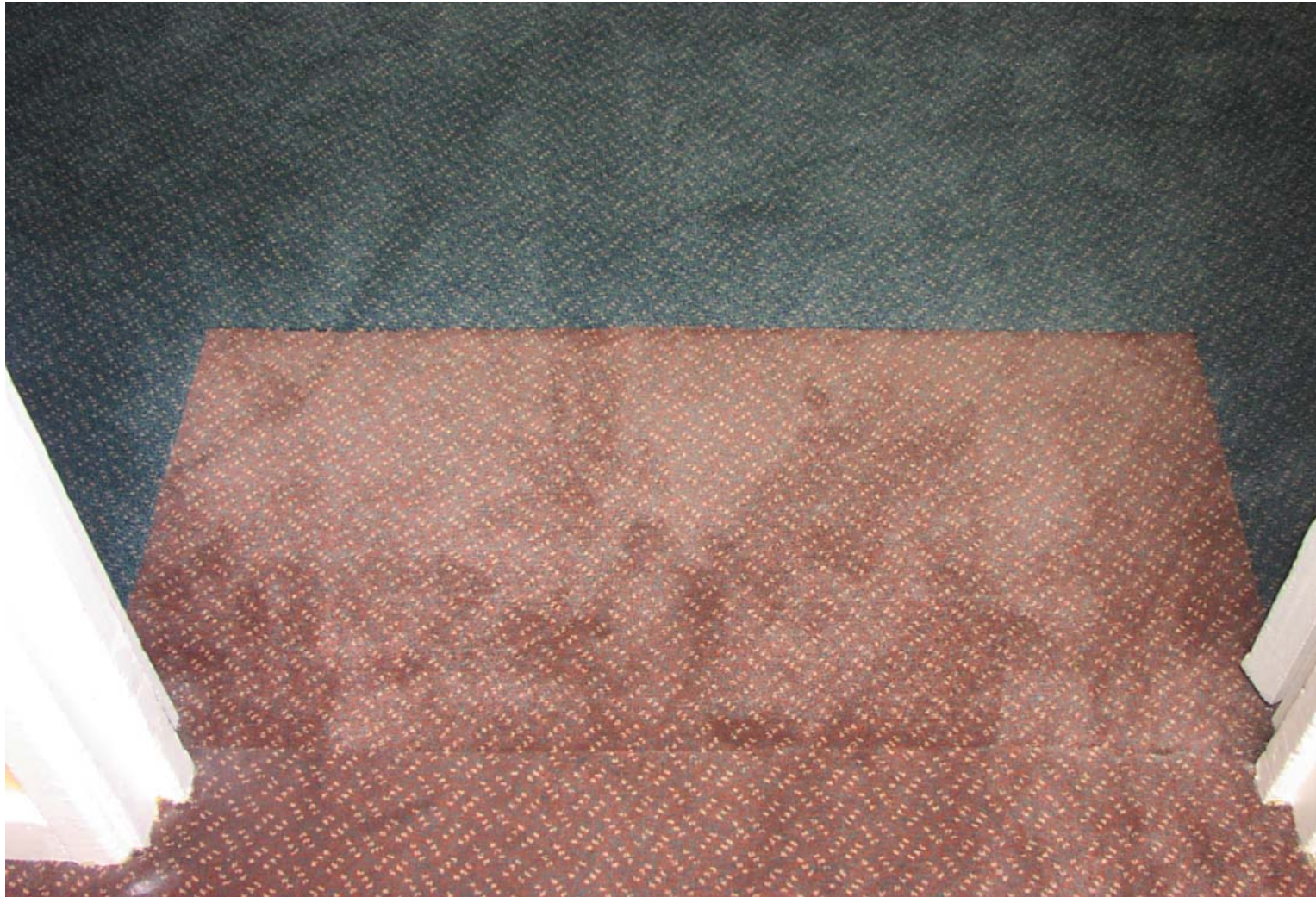
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Brunelcare: Saffron Home Residential Dementia Care: small kitchens



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Brunelcare: Saffron Home Residential Dementia Care: carpets into rooms



Brunelcare: Deerhurst Home Residential Dementia Care: Doors clearly labelled



Brunelcare: Saffron Home

Residential Dementia Care: Contrast and personalisation



Brunelcare: Deerhurst Home

Residential Dementia Care: personalised corridors



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Brunelcare: Saffron Home

Residential Dementia Care: it's all about people



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Brunelcare: Deerhurst Home Residential Dementia Care: colourful garden



Care and choice for older people

Brunelcare: Saffron Home Residential Dementia Care: colourful garden



Care and choice for older people

Design of New Extra Care Scheme

□ Dilemmas

- Clear needs for early and late stages of dementia
 - Early stage: live as normal with support for person living with dementia and their carer
 - Late stage: usually a care home or living with a carer with a lot of support and respite care

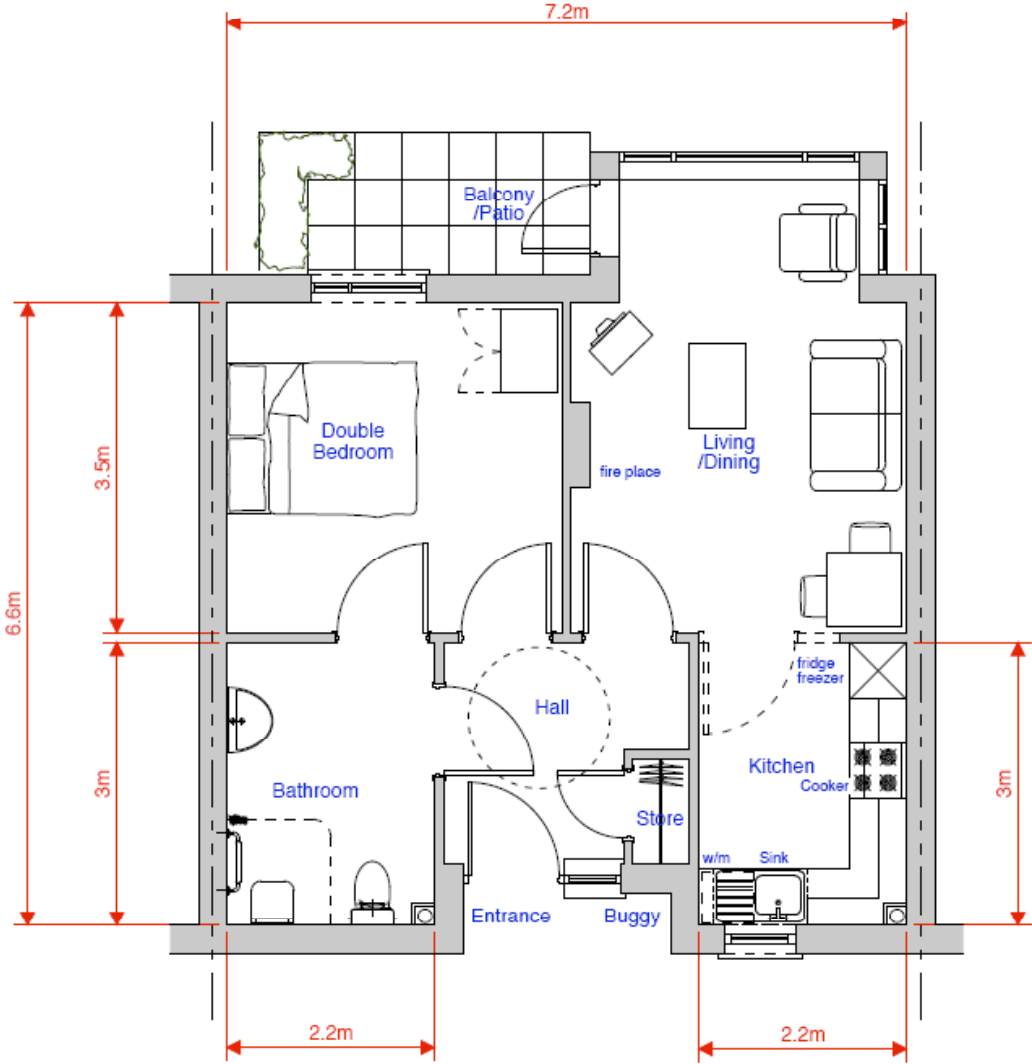
- Middle stages more complex:
 - Wish to live as normal as life as possible, but need to avoid isolation
 - People will be in denial
 - Other people may get a “feel good” factor by helping or may feel totally exhausted and put upon
 - Shared Housing excellent but may not be cheaper than residential care
 - Do not want to stigmatise dementia
 - There is a need for specialist staff; easier in a concentrated area
 - May make better use of technology in a concentrated area
 - Perhaps a need for specific accommodation for people and their carers

Design of New Extra Care Scheme

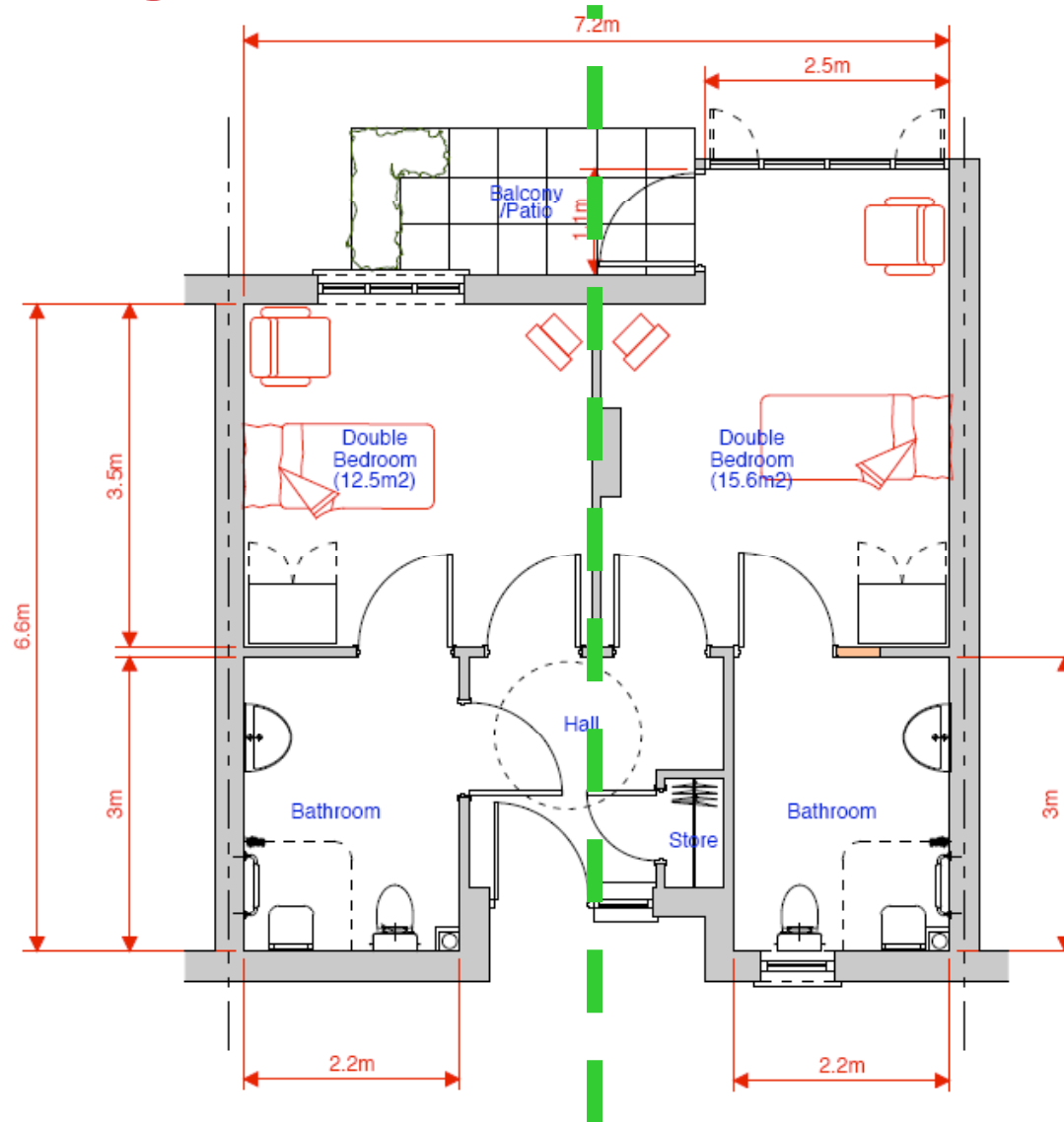
□ Design principle of flats

- Needs to be future-proof; we have got it wrong in the past
- Interchangeable from care home to VSH
- Modules are the same width; potential for modular construction
- Contrast tiling throughout
- Individual front door (different colours)
- Ledge outside; may wish to personalise
- Ability to put on glass fronted units in kitchens
- Decorating adjustments
 - E.g. highlight switches, toilet seats

Interchangeable from flat to care home bedrooms

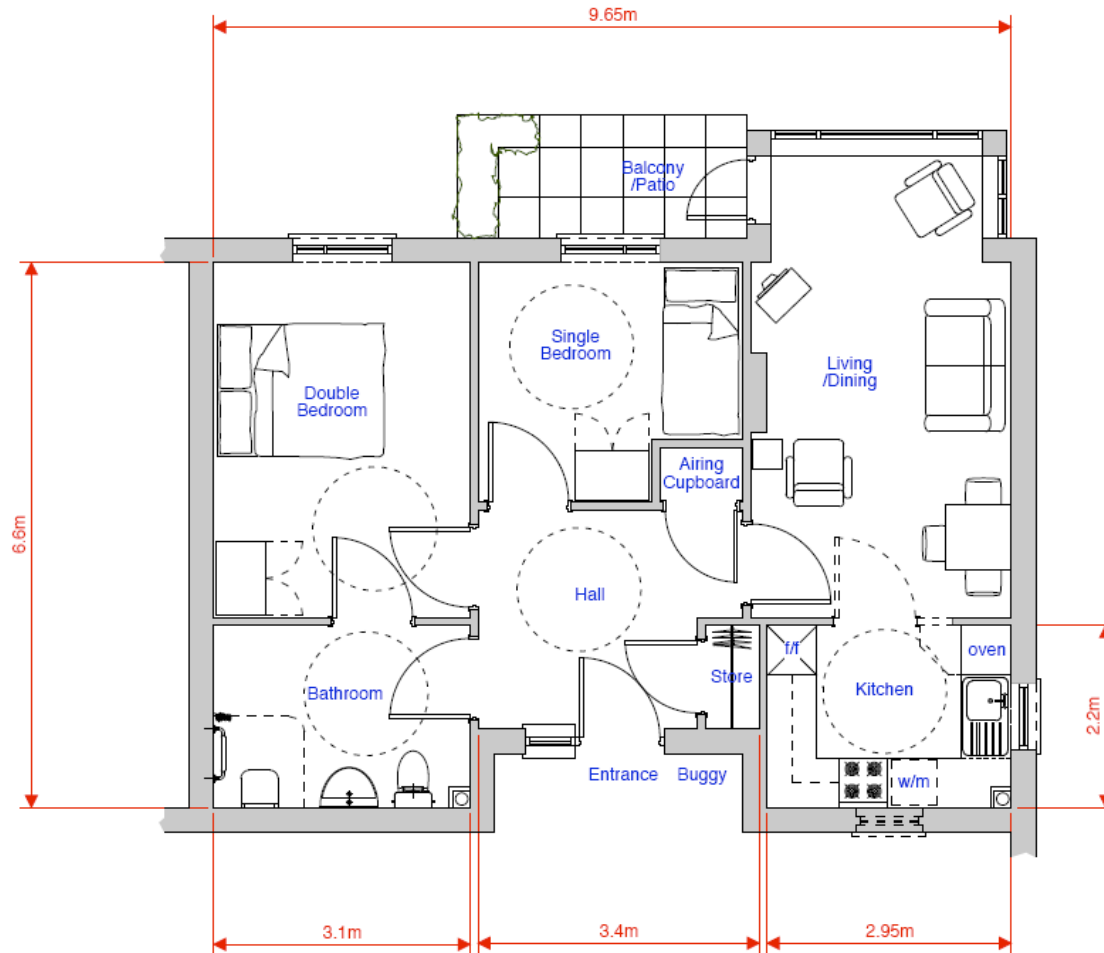


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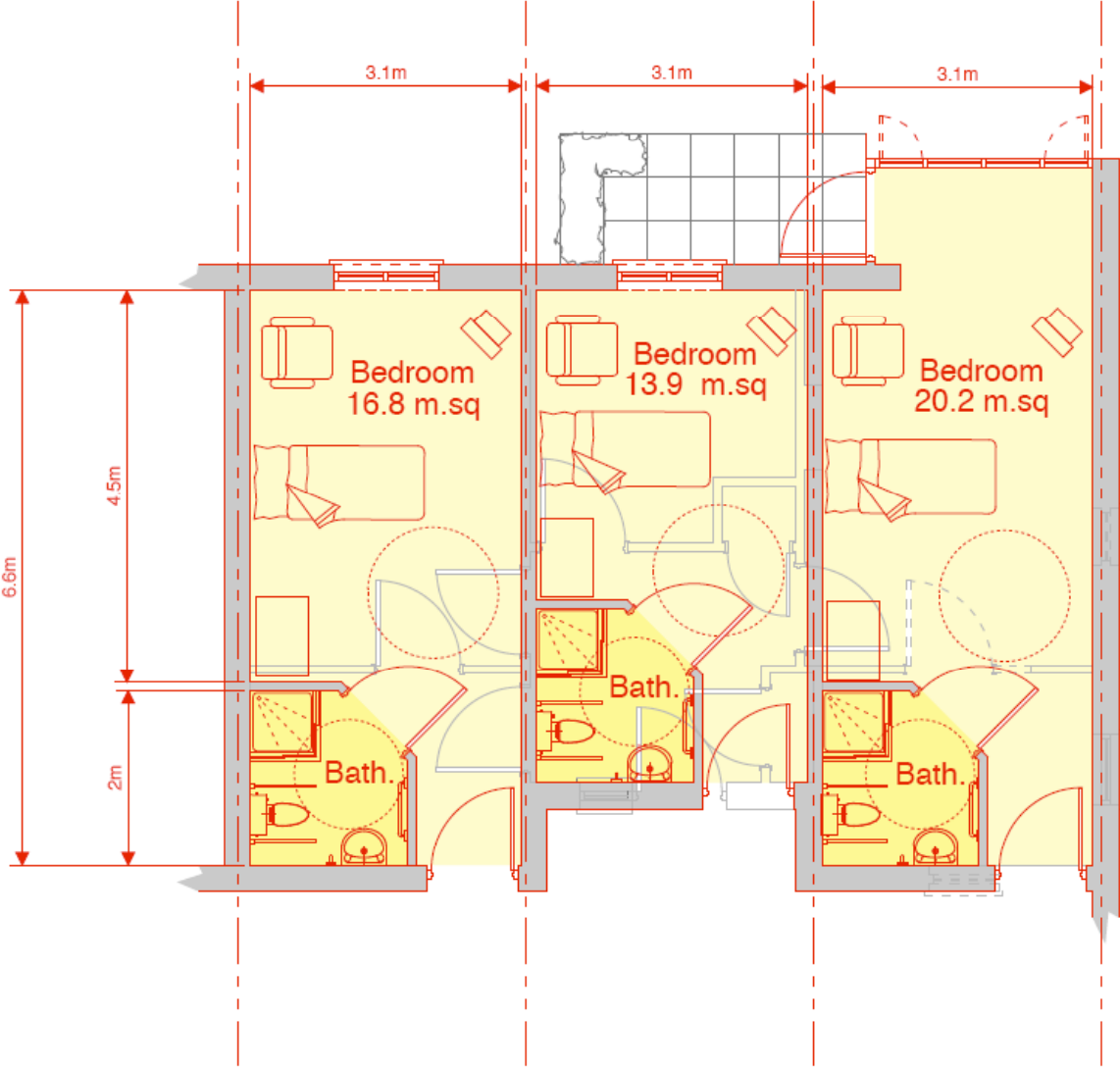
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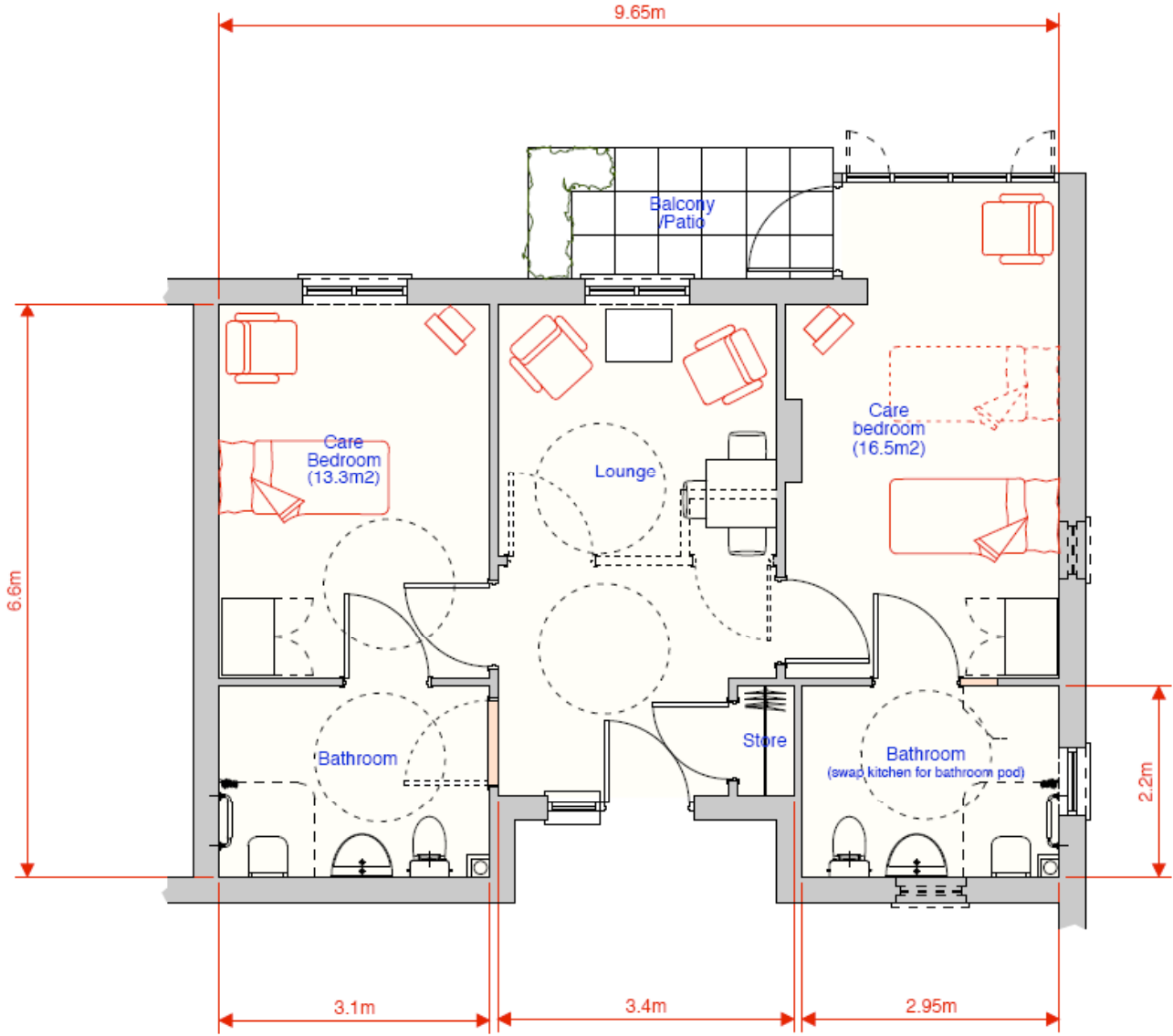


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Interchangeable from flat to care home bedrooms



Interchangeable from flat to care home bedrooms



Some technology to be considered

Standard

- Call alarm, phone, smoke alarm
- Cat 5 wiring
- Digital TV connection, access to broadband

Options

- Isolation of electric sockets (esp cooker)
- Sensors for movement, falls, flooding, tap switch, temperature, bed occupancy, toilet and bedside light
- Wireless sensors transmit to a central receiver
- Access to remote health monitoring

Extra Care: Secure by Design



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Design of New Extra Care Scheme

□ General layout: suitable for all older people

- Secure by design; graduated security
- Paths in garden to walk round
- Different coloured corridors
- May want post boxes near front to encourage mobilisation
- Increased lighting (including uplighters where ever possible)
- Perhaps all toilet doors the same colour
- Toilets near to all communal areas

□ Our preferred solution

- Extra care next to a care home to share facilities
- If there is a time to move on, it feels the same
- A design which could enable some concentration of people living with a dementia if that is needed, but our experience is that neighbours are tolerant of people that they have grown old with
- The facility for people with dementia and their carers to live together and receive support

Take away one message from today

It's about people not buildings



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