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

28.67%

Care and choice for older people
brunelcare
The consensus estimates of the population prevalence (%) of late onset dementia

<table>
<thead>
<tr>
<th>Age in years</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>65-69</td>
<td>1.0</td>
<td>1.5</td>
<td>1.3</td>
</tr>
<tr>
<td>70-74</td>
<td>2.4</td>
<td>3.1</td>
<td>2.9</td>
</tr>
<tr>
<td>75-80</td>
<td>6.5</td>
<td>5.1</td>
<td>5.9</td>
</tr>
<tr>
<td>80-84</td>
<td>13.3</td>
<td>10.2</td>
<td>12.2</td>
</tr>
<tr>
<td>85-89</td>
<td>22.3</td>
<td>16.7</td>
<td>20.3</td>
</tr>
<tr>
<td>90-94</td>
<td>29.6</td>
<td>27.5</td>
<td>28.6</td>
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<tr>
<td>95+</td>
<td>34.4</td>
<td>30.0</td>
<td>32.5</td>
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Dementia UK Results

Numbers of people with late onset dementia by age group

- 700,000 people now
- 700,000 families
- 1 million by 2025

Age Groups:
- 100 & over
- 95-99
- 90-94
- 85-89
- 80-84
- 75-79
- 70-74
- 65-69

Years:
- 2011
- 2021
- 2031
- 2041
- 2051

Care and choice for older people
Dementia South West Results

Numbers of people with dementia by age group

<table>
<thead>
<tr>
<th>Year</th>
<th>Under 65</th>
<th>65-74</th>
<th>75+</th>
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<tbody>
<tr>
<td>2007</td>
<td>20000</td>
<td>40000</td>
<td>72000</td>
</tr>
<tr>
<td>2017</td>
<td>20000</td>
<td>40000</td>
<td>102000</td>
</tr>
<tr>
<td>2021</td>
<td>20000</td>
<td>40000</td>
<td>132000</td>
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+26% increase from 2007 to 2017
+40% increase from 2017 to 2021
Dementia UK Results

Majority cared for at home; proportion in care rises with age
### Behaviours at different stages of dementia

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Early ✓</th>
<th>Mid ✓✗</th>
<th>Late ×</th>
</tr>
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<tr>
<td></td>
<td>Do it at unusual times or straight after each other</td>
<td>Dressing backwards; may get undressed in unusual situations (middle of the street)</td>
<td>Not know what the clothes are for; will need help to dress and undress</td>
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Care and choice for older people
Behaviours at different stages of dementia

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| **Cooking** |         |        |        |
|            |         |        |        |
|            | Often prepare food for children coming home | Leaving food on the stove; not recognise when burning | Need stimulation (smells, showing etc) |
## Behaviours at different stages of dementia

<table>
<thead>
<tr>
<th>Activity</th>
<th>Early</th>
<th>Mid</th>
<th>Late</th>
</tr>
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<tbody>
<tr>
<td><strong>Dressing</strong></td>
<td>![✓]</td>
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<td></td>
<td></td>
<td></td>
</tr>
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<td>![✓]</td>
<td>![✗]</td>
<td>![✗]</td>
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<tr>
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<td>![✗]</td>
<td></td>
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</tr>
<tr>
<td>Leaving food on the stove; not recognise when burning</td>
<td></td>
<td></td>
<td>Need stimulation (smells, showing etc)</td>
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<tr>
<td><strong>Cleaning</strong></td>
<td>![✓]</td>
<td>![✗]</td>
<td>![✗]</td>
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<tr>
<td>Believe that they have done the cleaning but have not; others do cleaning all the time</td>
<td></td>
<td>No cleaning</td>
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<tr>
<td><strong>Walking</strong></td>
<td>Go out with a purpose (eg Post office). Confused about where they are, may find way home</td>
<td>Going out to see someone; not sure who or what for; may be looking for comfort</td>
<td>Can still be mobile, not necessarily a purpose to walking</td>
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*Care and choice for older people*
## Behaviour is unpredictable; will depend on type of dementia

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<td>- Go out with a purpose (eg Post office). Confused about where they are, may find way home</td>
<td>- Walking at any time of night and day</td>
<td>- No recognition of where they are</td>
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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

Care and choice for older people
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Care and choice for older people
Brunelcare Colliers Gardens Extra Care Housing
Designed with dementia in mind
Colliers Gardens: Different Coloured Corridors

Care and choice for older people
Colliers Gardens: Different Coloured Corridors and good lighting
Colliers Gardens:
Contrasting Doors: window ledges to personalise
Colliers Gardens: Contrastng Doors: window ledges to personalise
Colliers Gardens: Contrast Tiling in bathroom
Colliers Gardens: Contrast tiling in Kitchen

Care and choice for older people
Colliers Gardens: Secure by Design
Colliers Gardens: Extra Care: Secure by Design

Care and choice for older people
Brunelcare: Saffron Home
Residential Dementia Care: old fashioned fireplace

Care and choice for older people
Brunelcare: Saffron Home
Residential Dementia Care: small kitchens

Care and choice for older people
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

Care and choice for older people
Brunelcare: Deerhurst Home
Residential Dementia Care: personalised corridors

Care and choice for older people
Brunelcare: Saffron Home
Residential Dementia Care: it’s all about people

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 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
Interchangeable from flat to care home bedrooms

Care and choice for older people

[Diagram of a care home floor plan with dimensions and labels for double bedrooms and bathrooms.]
Interchangeable from flat to care home bedrooms

Care and choice for older people
Interchangeable from flat to care home bedrooms

Care and choice for older people
Interchangeable from flat to care home bedrooms

Care and choice for older people
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

Care and choice for older people
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
Helen Joy
Chief Executive
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hjoy@brunelcare.org.uk

Care and choice for older people