

Adapting to Thrive

Supporting independence and wellbeing
through home design and adaptation




@DesHCA_Project



Healthy Ageing Challenge
Social, Behavioral and
Design Research

UNIVERSITY of
STIRLING





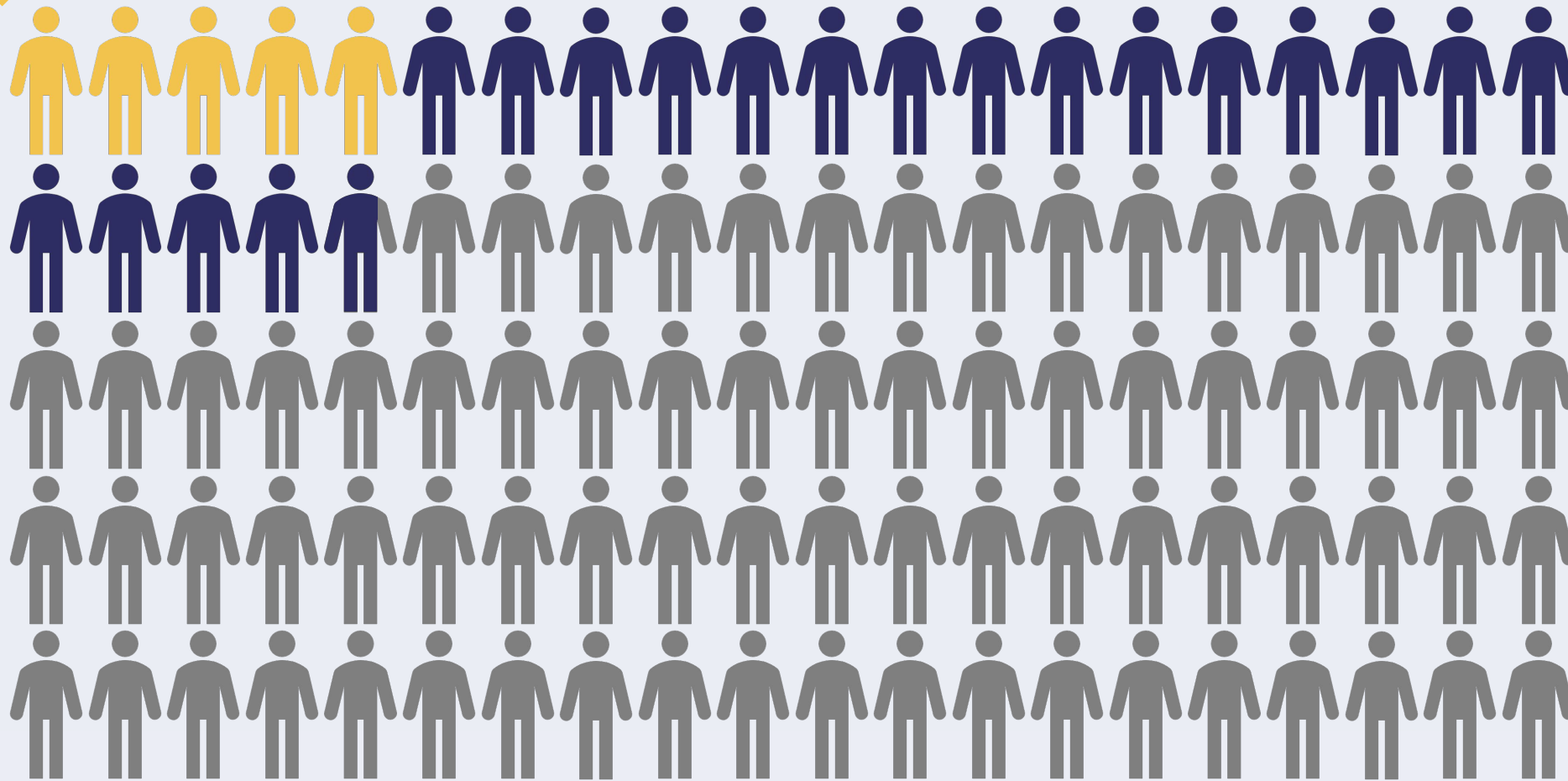
Funded by the UKRI's
Healthy Ageing Challenge
Research Programme,
DesHCA's aimed to identify
the practical, affordable
and sustainable design
solutions that could support
people to remain in the
homes and communities of
their choosing for longer.

UK Population aged over 65 in 2050:

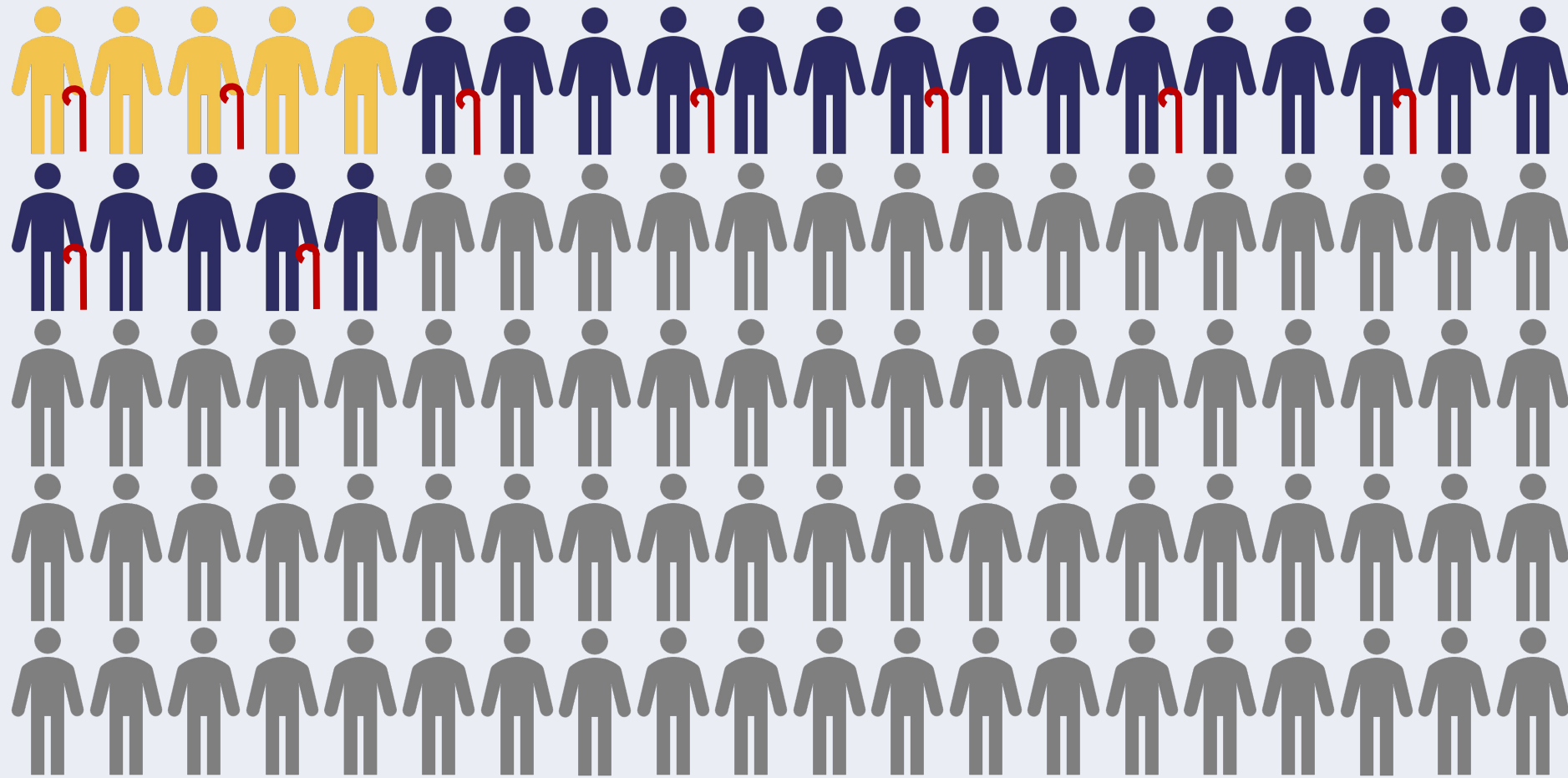
24.8%

3.6 Million 85+

14.1 Million 65+



Approximately 1:3 people will be living with a significant illness by their 70th birthday

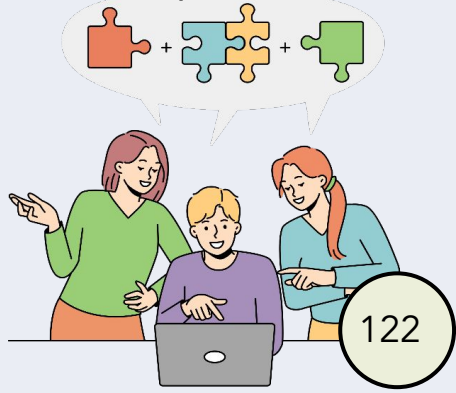


The Need for an Age Inclusive Future

- **85%** of older adults would prefer to remain at home even if diagnosed with dementia.
- As few as **10% of homes have accessibility features** installed to support disabled people to live at home.
- **Over 90%** of adaptations are to the bathroom, and specifically target issues with personal care.
- Dementia carers report installing adaptations for physical limitations **3x more often** than adaptations to support cognitive decline.



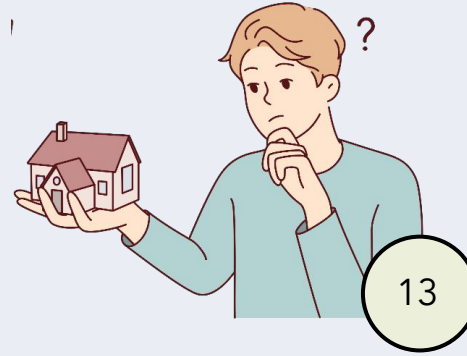
eDelphi Panel



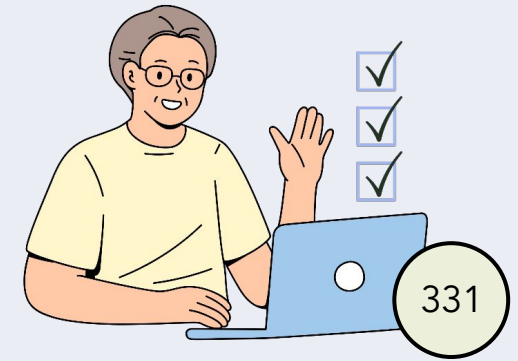
Creative Mapping



Passive Sensing



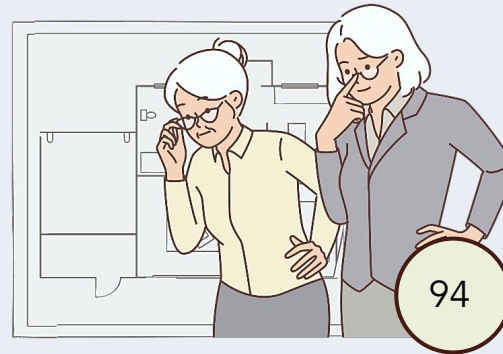
EADDAT Home Audit



Professional Interviews



VR Design Workshops



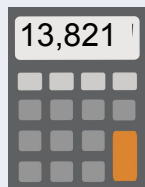
Feedback Workshops



Secondary Analysis



Serious Game



Key Challenges

A stigmatised and limited understanding of what age inclusive design is and who can benefit from it

"I don't need that stuff"

A tendency to design and create homes for others would not wish for ourselves

"I don't want that stuff"

A lack of awareness of age-inclusive design and how it can be included in a variety of homes

"I don't know how to do it, and it's too expensive anyway"

“I Don't Need That Stuff!”



Change

VS



Adaptation

"I Don't Want That Stuff!"

Adele: So we did get hand, we have got wrought iron handrails on the conservatory steps, on the utility steps and on the garage steps, because I was like, you might as well put it on all three. So it looks nice. [...] And then wrought iron, big ornate, rather than handicap steps.

Int: You're not feeling the white PVC?

Adele: [...] So my mum's now 89, so probably when she was just before she was 79ish, she didn't think that she was old. And she certainly didn't want to look like she was old and she didn't want it to look like a council house, (no offence to anyone from a council house) but she didn't want it to look [like] I'm an old person and this is all that is available. [...] She wanted it to look nice. Because there's pride in what you have. [...] Whoever you are. There's pride in what you have.

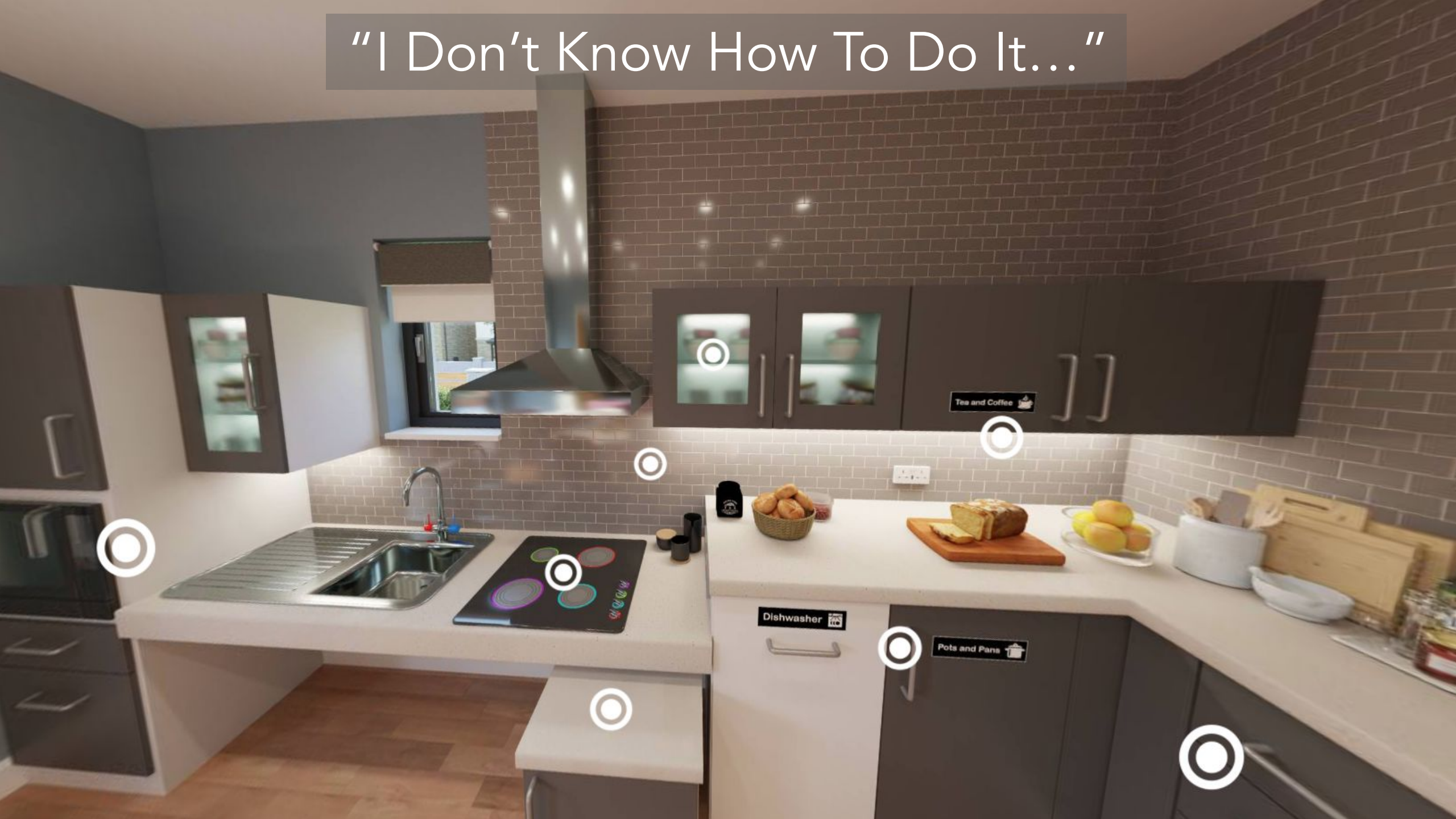
“It’s Too Expensive”

Early adaptation has a positive impact- enhancing the environment, promoting independence and wellbeing, supporting social connection, and reducing risk of hospitalisation.

We need to shift the conversation from why “we should” use age-inclusive design to improve our homes to “why wouldn’t we”

Including age-inclusive design at the point of concept or as part of planned changes significantly reduces the cost

“I Don't Know How To Do It...”



Dishwasher



Pots and Pans



“I Don't Know How To Do It...”



“I Don't Know How To Do It...”



"I Don't Know How To Do It..."



How Can DesHCA Help?

www.deshca.co.uk



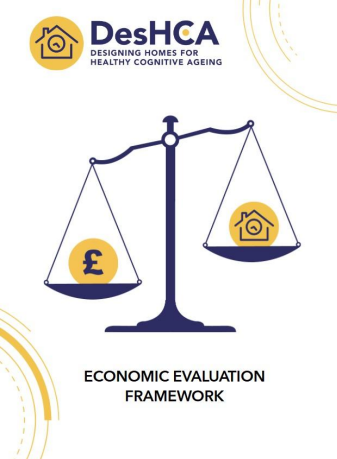
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DESIGNING HOMES FOR
HEALTHY COGNITIVE AGEING

DESIGNING FOR LIFETIME
TIPS AND TRICKS FOR CREATING
A HOME THAT SUPPORTS YOU



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DESIGNING FOR A LIFETIME
AGE INCLUSIVE HOME
CHECKLIST



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ECONOMIC EVALUATION
FRAMEWORK



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- HOME
- THE PROJECT
- TEAM
- BLOG
- DESIGN VIEWER
- RESOURCES
- CONTACT US



Designing homes for healthy cognitive ageing



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HEALTHY COGNITIVE AGEING

INSIGHT FROM STATISTICS
REPORTS OF ADAPTATION IN ELSA,
THE ENGLISH LONGITUDINAL
STUDY OF AGEING



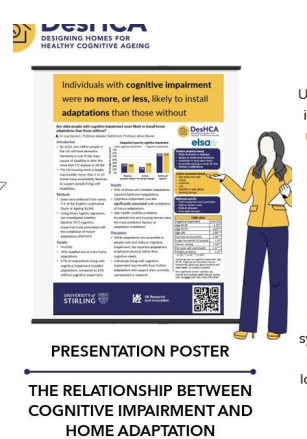
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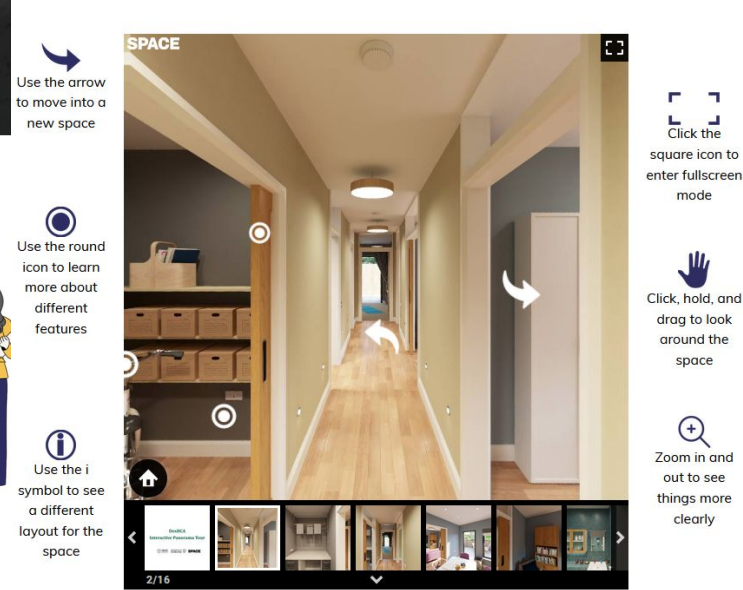
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PRESENTATION POSTER
ENVIRONMENTAL QUALITY IN THE
HOMES OF OLDER PEOPLE IN
SCOTLAND



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HEALTHY COGNITIVE AGEING

PRESENTATION POSTER
THE RELATIONSHIP BETWEEN
COGNITIVE IMPAIRMENT AND
HOME ADAPTATION



Use the arrow to move into a new space

SPACE

Click the square icon to enter fullscreen mode

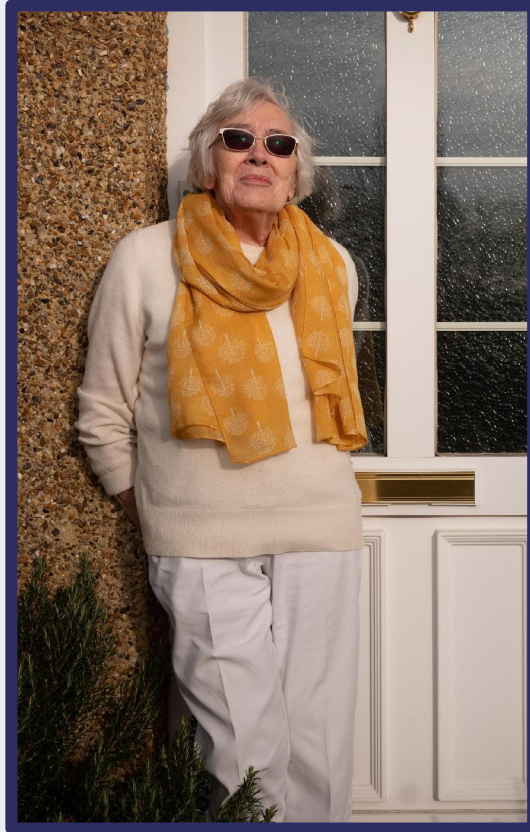
Click, hold, and drag to look around the space

Use the round icon to learn more about different features

Use the i symbol to see a different layout for the space


Zoom in and out to see things more clearly

Thank you



For further information visit our website at www.deshca.co.uk/

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DesHCAresearch@stir.ac.uk

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 [@DesHCA_Project](https://twitter.com/DesHCA_Project)



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