



University of the
West of England

Health: The Design, Planning and Politics of How and Where We Live

- **Paper / Proposal Title:**

Embodying 'home' through design for dementia.

- **Format:**

Presentation in person

- **Author(s) Name:**

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- **University or Company Affiliation:**

University of Worcester

- **Abstract (300 words):**

The prevalence of dementia is increasing rapidly and it is estimated that by 2025 there will be over one million people living with the disease in the UK. The financial cost to society is currently approximately £26 billion, a substantial part of which comprises medical treatment and residential care. However, over two thirds of people with dementia live in their own homes, where it can impact on their ability to interpret and make sense of their home environment, as well as the local neighbourhood and wider community. Good design has an important role to play in promoting independence and autonomy, thus helping people with dementia to live full and enjoyable lives while also delaying hospital admissions and moves to residential care. It also has a role in supporting informal carers, who are often family members. This presentation will explore some of the challenges experienced by people living with dementia, the majority of whom are older people with multiple co-morbidities, in relation to reduced cognitive abilities including

memory, visual perception, orientation, mobility, spatial awareness and learning new skills. We will look at some of the tools and guidance that can be used to assess environments for people with dementia in hospitals, care homes, specialist housing, and across the public realm, highlighting the need for familiar and homely spaces. Finally, we will use examples to show how design-based approaches can help to address these challenges through appropriate use of elements such as signage, colour, contrast, lighting, personalisation, wayfinding, and enabling connections with nature.

- **Author(s) Biography (200 words each):**

[Insert 200 biography here – Century Gothic Font only / Justified both sides]

Simon Evans PhD

Simon Evans is Principal Research Fellow and Head of Research with the Association for Dementia Studies at the University of Worcester. His research interests focus on contributing to the evidence base for improving quality of life for older people, including those living with dementia. His publications span a range of topics including housing, health, social care, climate change, research ethics and public engagement with research. Simon is a member of the British Society of Gerontology and a Fellow of the National Institute for Health Research School for Social Care Research.

Teresa Atkinson

Teresa Atkinson is a Senior Research Fellow who has a long career in social research primarily using qualitative methodologies. She began her career working with NHS Mental Health Trusts evaluating training and psychosocial interventions for family carers of people living with dementia and then moved to the third sector as Research Officer for a charity providing education, care and psychological therapies for young people living with profound intellectual disability. As part of this post Teresa travelled extensively internationally to disseminate research findings and build research capability amongst frontline practitioners.

Teresa has worked with the team at the Association for Dementia Studies for almost six years and is passionate about understanding the lived experiences of people affected by cognitive impairment across the life span. She is skilled in working with people as partners in the research journey and in facilitating feedback from a range of participants including people with communication difficulties. Teresa has supported a range of housing related projects and is currently involved in the Enabling Environments for People Living with Dementia Programme offering training, consultancy and research to empower providers to develop environments to maximize autonomy and independence for those living with dementia.

Sarah Waller CBE FRSA RGN

Sarah Waller is an Associate Specialist at the Association for Dementia Studies with a particular interest in developing enabling environments for people living with dementia. She developed and directed The King's Fund's award winning, internationally recognised Enhancing the Healing Environment (EHE) programme from its inception in 2000 to its transfer to the University of Worcester in 2015. From 2009 the EHE programme focused on developing more supportive design for people with dementia. Sarah led the development of the dementia friendly environmental assessment tools which are now in use nationally and internationally. She has written, spoken and published extensively on areas associated with the impact of hospital and care environments.

Sarah has had a long and distinguished career in the NHS and Department of Health both in nursing and human resource management. She is a Trustee of Chelsea and Westminster Health Charity and chairs their Arts and Design Committee. A former NHS Trust vice chair and member of the independent Liverpool Care Pathway Review Panel Sarah is a Fellow of the Royal Society of Arts. She was appointed CBE in 2008 for services to Nursing and the NHS.