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ELDERLY CARE BY DESIGN

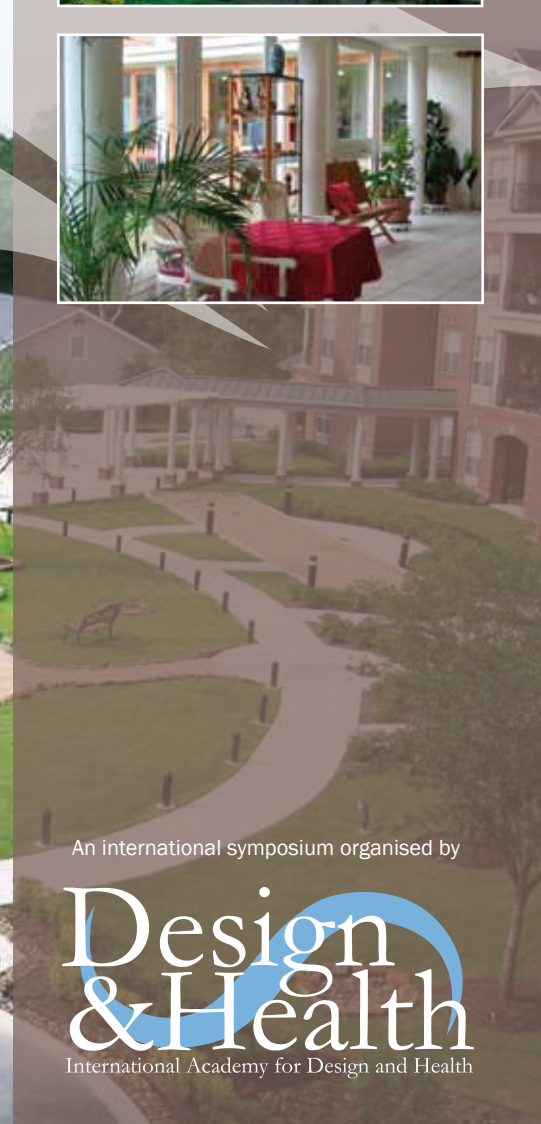
LONDON 2010



Date: 18 February, 2010

Venue: London South Bank University, London, UK

Designing environments for independent living



An international symposium organised by

**Design
& Health**
International Academy for Design and Health

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An international symposium and workshop examining how investment in the design of environments for older people, from hospitals to residential facilities, nursing homes and facilities for the end of life, can support independent living, health and wellbeing

Background

Elderly populations around the world are growing at a rapid rate, increasing the demand on healthcare services. Simultaneously, attitudes and perspectives on ageing are changing. A health conscious and well-educated generation with new and different points of reference is emerging. More prosperous societies are also creating opportunities for seniors to lead an active and rich life far into old age. This development is creating a demand for changes both in health and social care service delivery and in the design of physical environments for the elderly.

Incidences of dementia and related diseases are expected to rise to over one million in the UK in the next ten years. People with dementia progressively lose their coping abilities and perceive their environment as more stressful, resulting in anxiety and behavioural syndromes that require constant supervision. If the environment fails to support their specific needs, the person may become disorientated, be unable to express their needs and show signs of agitated and disruptive behaviour.

Evidence shows that problematic behaviour in people with dementia is strongly related to the degree to which residential environments fulfil their needs. Treatments are needed to sustain their retained abilities and to reduce problems such as verbal and behavioural agitation, depression, and social withdrawal.

A combination of pharmacologic, behavioural, and environmental approaches could be the most effective treatment in improving health, behaviour, and quality of life for elderly. Medical care cannot be separated from the physical environment in which it is delivered. The outcome of pharmacological care and environmental design is an important part of the therapeutic process. Good design can have a therapeutic effect on the behaviour and quality of life for people with dementia. The quality and character of the designed environment for the elderly should be considered to be a powerful instrument capable of improving health and well-being.



Objectives for the day

- Exploring how the built environment can support the delivery of high-quality, integrated health and social care services that support independence and promote good health
- Identifying the key design features of psychosocially-supportive environments for older people
- Reporting on international case studies of environments for older people that are delivering real and measurable benefits
- Identifying new technologies to support independent living
- Addressing issues of capital investment, service improvement, changing care pathways, cleanliness, social isolation, access to outdoors and nature, comfort and control, privacy and dignity, independent living, interiors, art and furnishings



Who should attend?

Architects, designers & health planners
Nursing & care home managers
Charities & elderly support groups
PCT/SHA trust management
General practitioners
Senior community nurses / health visitors
Mental health & dementia specialists
Estates & facilities managers
Directors of health and social services
Service user involvement leads
Product & service suppliers

AGENDA

08.45 Registration and coffee

09.00



Opening remarks from the chair
John Cooper, chairman, Architects for Health

09.15



Keynote address
Dr Finbarr Martin, Acting National Clinical Director for Older People, Department of Health

09.30



Living Well in Old Age: International Perspectives
Maria Parsons, Dementia Lead for Care (Older Persons), Sanctuary Care

- UK and international policy and research
- The UK's National Dementia Strategy
- The role of design in promoting and supporting a shift to prevention and early intervention

10.00



Breakthrough Approaches to Understanding Alzheimer's Disease
John Zeisel, Founder and President of Hearthstone Alzheimer Care, Visiting

Professor, School of the Built Environment, Salford University, and Author of I'm Still Here (Piatkus Little-Brown 2010)

- Non-pharmacological approaches to treating Alzheimer's Disease
- Harnessing our capacity to understand music, art, facial expressions and touch
- Building memory cues, encouraging independent movement and eliminating frustration

14.00 Design & Health Exploratory Workshop

The Exploratory Workshop provides a forum for an interdisciplinary knowledge exchange that supports innovation in design for elderly care. The workshop will explore the challenges posed by research and practice into environmental design for elderly care, identify transferability of models of best practice from different disciplines and explore the challenges and complexities in the field and how these can be overcome. The principal objective will be to understand how the impact of different policies, practices, and philosophies on design outcomes will enhance the health, wellbeing and quality of life for elderly people.

The workshop will focus on the development of a collaborative proposal(s) in the field of environmental design for elderly care, by addressing the following key questions:

- How can research-based design for the elderly best include the elderly perspective?
- How can the link between generating research and implementing its findings in practice be strengthened?
- Why is the research and practice of environmental design for the elderly challenging? How can we embrace these challenges?



Dr Phil Astley, Medical Architecture & Research Unit, Southbank University



Dr Jacques Mizan, GP and Senior Associate – Health Launchpad, The Young Foundation



Professor Taraneh Dean, PhD, Professor of Health Sciences, University of Portsmouth

10.30



Health Promotion by Design in Elderly Care: A Salutogenic Perspective
Prof Alan Dilani, director-general, International Academy for Design & Health

- A new paradigm: Shifting the focus from a pathogenic to a salutogenic perspective
- Creating health and wellbeing through design
- Identifying wellness factors in the environment that support health processes

11.00 Coffee and exhibition

11.15



Good Evening: The Finnish Experience of Design for Active Ageing - Mikael Paatela, Sweco Paatela Architects, Finland

- Supporting an independent life through preventive care and rehabilitation
- Providing elderly care services in the same centre
- Respecting the dignity and privacy of the elderly and supporting family communality

11.45 **Technology: The Role of Telecare in Supporting**



Independent Living in Old Age
Dr Jane Hendy, Health and Care Infrastructure Research & Innovation Centre, Imperial College

- Supporting local service redesign through the application of telecare and telehealth
- Integrating the built and technical environment to support independent living choices
- Implementation, access and whole system design

12.15 Panel discussion

12.45 Lunch and exhibition

15.30 Coffee and exhibition

16.00 Design & Health Workshop Presentations

16.45 Chair's Summary and Event Close

Organised by

ELDERLY CARE BY DESIGN REGISTRATION FORM



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