



Dementia- Friendly Doorway Design - Interventions & Innovations

Presenters: Jocelyn Hunt & Jennifer Blaik, Design & Dementia CoP

Special Guests: Brian & Karen Romeril, Creative Art Co.

Our Presenters...

Jocelyn Hunt, B.A. Gerontology, CPG, CAPS

Environmental Gerontologist / Certified Aging-in-Place Specialist

Home Adaptation and Maintenance Program Manager
CHATS - Community & Home Assistance to Seniors

Jennifer Blaik, B.R.L.S.,

Post Graduate Certificate Therapeutic Recreation

Psychogeriatric Resource Consultant
The Regional Municipality of York



Our Guests...

Karen and Brian Romeril

of Creative Art Co. (formerly BKRC Art Effects) together design, draw and paint specialized murals using perspective drawing techniques

Collaborated with Gail Elliot, BAsC, MA Gerontologist and Dementia Specialist, to create Memory M-AID© signage for persons living with dementia



Design and Dementia CoP

WHAT: Collaborative of health care partners, researchers, information specialists, and others with an interest in dementia-friendly design

HOW:

- Offer *knowledge-to-practice* webinars and
- Create and share best practice recommendations/tools

WHY: Improve the quality of life of persons living with dementia through enhanced environmental design of care settings (including physical, social, and emotional design components)



Learning Objectives

- Discuss how the use of visual redirection techniques can reduce exit-seeking behaviour and its associated agitation in persons living with dementia
- Outline a set of *knowledge-to-practice* recommendations based on current literature and practice knowledge
- Learn from one another about the challenges and successes of implementing doorway interventions



Research and Evidence

- Supportive environments (both physical and social) are key social determinants of health and identified as key components to full engagement in [the] community¹
- Changes related to aging and cognition increase the effect of environment on behaviour (i.e. “environmental press”)
- Importance of “Place” and “Familiar”

¹ WHO, 2002; Health Canada, 2006; Roundtable for Future Planning, 2006



It's Important and It's Complex...

There is a need to balance multiple factors related to design considerations and implementation:

- Individual needs of the person
- Compliance with legislation and standards
- Time, resources, staff support & education
- Established design of buildings and the challenge of retrofitting existing spaces



Why do people living with dementia exit-seek ?

- Exit-seeking behaviour is considered a goal-directed behaviour that is purposeful, and attempts to fill a particular need for the person living with dementia (Algase et al, 1996)
- People have a natural interest to go in and out of doors



Why do people living with dementia exit-seek ?

- Persons living with dementia do not lose this interest, however may lack insight and judgment as to the associated risks
- The inability to go out of a door can cause persons living with dementia anxiety and frustration

Why is this an issue?

- Risk mitigation: safety of the person, as well as staff safety



Dementia-Friendly Design Recommendations

1. Camouflage Restricted Areas
2. Therapeutic Redirection
3. Enhanced Access to Safe Areas
4. Positioning of Prompts
5. Doorway Entrance Seating
6. Limitations to Doorway/Elevator Traffic
7. Door Code Redirection
8. Enhanced Privacy

Doorways

The following recommendations are intended to prevent individuals with memory and/or a natural interest in going in and out of doors. Persons with dementia (PWDs) do not have this interest, however they lack judgment as to when will happen if they do enter or exit from one area to another. **Doors open** equipment in PWD's doors to look or go inside, are never, close great security and sometimes if they are not able to avoid **obvious** than relevant, the Fire Code and Long-Term Care Home regulations are requirements.

Clearly accessible must be designed to avoid bringing attention to areas. However, where high traffic areas exist, whenever/whenever possible to be seen to lead PWDs attention away from doors using pictures, sound or redirection with other interesting stimuli (eg. equipment, art skills center).

To lead PWDs to, and engage them with another area, redirection can be as simple as **having an open door to a safe area beside secured door**, or offering sensory cues like the smell of freshly baked bread, vanilla, or coffee to draw people away to a safe area.

DEMENTIA-Friendly Design Considerations

Camouflage Restricted Areas

Recommendation: Avoid doorways to restricted areas (e.g. staff/restrooms/stock), convenient doors and exit doors from dementia units for visual redirection/buffering.

Design for secure/flagging/redirection:

- paint red/flag on door frame or handle (open on the surrounding walls)
- wrap handle (open door with a cloth apron/flag, etc.) with caution tape
- place large bold print door, a large PWD sign, or sign that says "Caution" (stick on your door) in front of door
- add signs, or other visual signage to draw attention to door (e.g. "Caution: Restricted Area, please do not enter" or "No entry")

Design for secure/flagging/redirection of PWDs:

- place a PWD sign, "Caution" sign, or other visual signage to draw attention to door (e.g. "Caution: Restricted Area, please do not enter" or "No entry")
- add signs, or other visual signage to draw attention to door (e.g. "Caution: Restricted Area, please do not enter" or "No entry")

Therapeutic Redirection

Recommendation: Place pleasant seating, special interest areas adjacent to areas away from exit doors and provide therapy.

Design:

- provide pleasant seating in hallway areas with handrails
- avoid walling areas with redaction and direct signage for staff to redirect (e.g. "Back to the subject")

Enhanced Access to Safe Areas

Recommendation: Provide positive design that enhances access to safe remaining areas.

Design:

- identify and mark secure shelter areas and/or staff waiting areas
- avoid any redaction/redirection from these areas
- identify and mark handrails for independent use

Positioning of Prompts

Recommendation: Place the staff instructions above or at eye level.

Design:

- avoid any redaction/redirection from these areas
- identify and mark handrails for independent use

Doorway Entrance Seating

Recommendation: Provide seating just inside building entrances to allow visual time to adjust. Avoid seating areas near dementia unit doors.

Design:

- provide comfortable seating area (eg. bench, chair, etc.) close to building entrance
- use directional information system for signage regarding dementia unit doors

Limitations to Doorway/Elevator Traffic

Recommendation: Eliminate traffic from dementia units and high-traffic areas.

Design:

- encourage staff and visitors to use stairs and alternative entrances as much as possible
- have a secure staff/elevator entrance to the unit and/or elevator lobby of same traffic
- when possible, make entrance/exit of secure area

Door Code Redirection

Recommendation: Increase door / elevator code panel size for visual redirection situations.

Design:

- use large or person/face-like design on wall painting
- incorporate up/down code panel

Enhanced Privacy

Recommendation: Consider color code to enhance privacy and offer opportunities for engagement.

Design:

- avoid redaction/redirection from these areas
- avoid redaction/redirection from these areas

DEMENTIA-Friendly Design Considerations

Designs that design considerations to suggest: these are not exhaustive, but they are a good starting point for design considerations. The design team should be able to determine the design team's design considerations for the design team's design considerations.

References

Wong, J., & Wong, J. (2010). Dementia-Friendly Design: A Guide for Designers. *Journal of Aging and Health, 22*(1), 1-10.

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Wong, J., & Wong, J. (2010). Dementia-Friendly Design: A Guide for Designers. *Journal of Aging and Health, 22*(1), 1-10.

1. Camouflage Restricted Areas

RECOMMENDATION: Adapt doorways to restricted areas (e.g. staff/maintenance doors), co-resident rooms and exit doors from dementia environments for visual redirection /blending

Strategies include:

- ✓ paint/wallpaper doors the same shade/pattern as the surrounding walls
- ✓ cover handles/panic bars with a cloth apron or paint of the same colour/pattern
- ✓ place large bold grid lines, a large STOP sign, or sign that states "[name of resident] this is not your room" in front of doors
- ✓ add blinds, or other window coverings to doorway windows (consider translucent film /glazing that shows shadows but not details)
- ✓ place a STOP sign, Velcro / magnet yellow fabric ribbon, or signage (please refer to wayfinding section of signage recommendations) in front of doors





*It isn't enough to
just change the
door....*



*we must redirect and engage
as well...*



Doorway Innovations



By permission of Creative Art Co.

DOORWAYS Knowledge to Practice
Recommendations





Before

After

St. Joseph's Health Care Hamilton – ALC Unit

By permission of Creative Art Co.





Alzheimer Society of Hamilton & Halton

By permission of Creative Art Co.

DOORWAYS Knowledge to Practice
Recommendations





Before

After

DOORWAYS Knowledge to Practice
Recommendations

By permission of Creative Art Co.





Before



After

Dearness London





Before

Sunset Village Collingwood

After

By permission of Creative Art Co.

DOORWAYS Knowledge to Practice
Recommendations



2. Therapeutic Redirection

RECOMMENDATION: Make pleasant seating/special interest areas available in areas away from exit doors and promote their use

Strategies include:

- ✓ provide, guide and settle residents in reading areas with books
- ✓ bird watching areas with binoculars and directive signage for staff to reference (i.e. "Look for the robins")
- ✓ aquariums



Bird Enclosure



Regina Gardens LTC, Hamilton



Home - like Sitting Areas

Google Images

Game/Activity Area



Google Images

Aquarium



Grace Villa
LTC,
Hamilton



3. Enhanced Access to Safe Areas

RECOMMENDATION: Provide doorway design that enhances access to safe areas

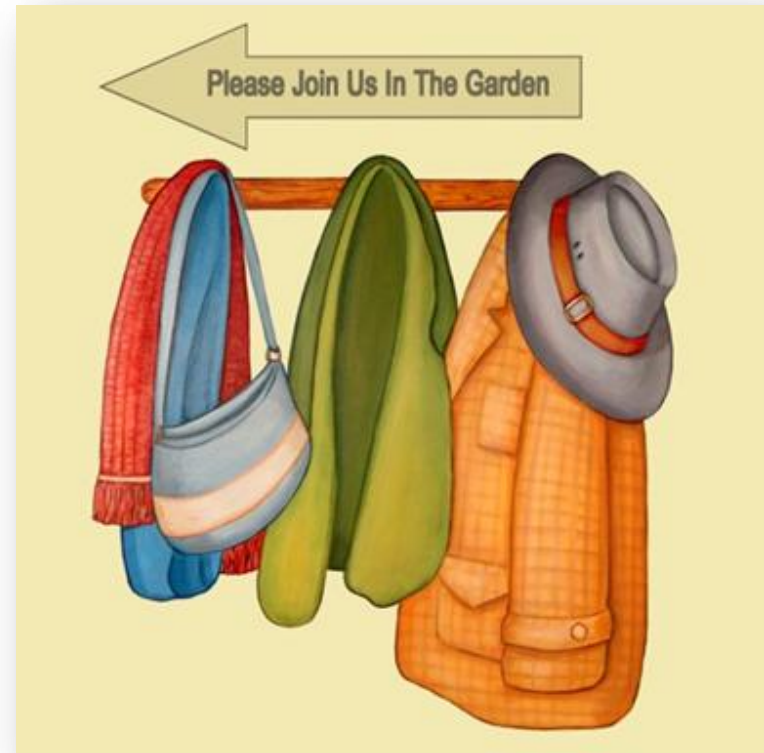
Strategies include:

- ✓ doorways lead to secure outdoor areas and / or safe wandering paths
- ✓ doorways are visually distinctive from the wall
- ✓ doorways use lever handles for independent use



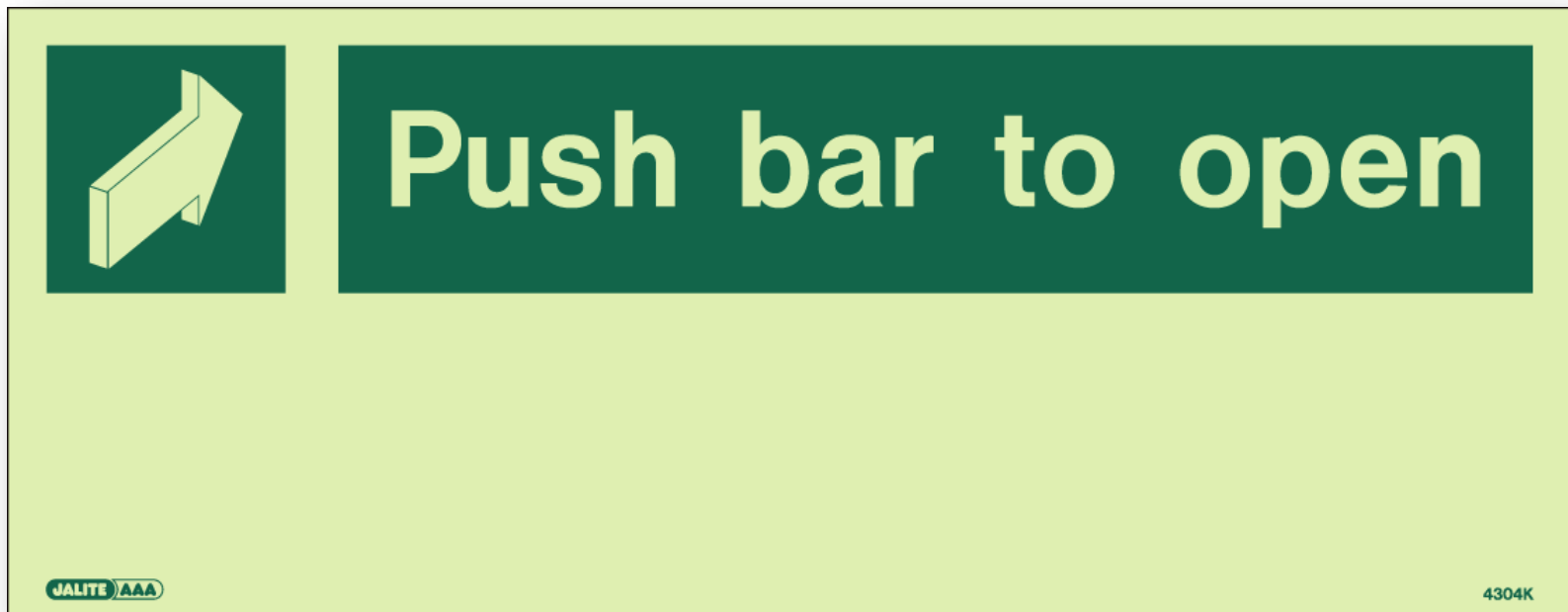
“Please join us in the garden...”

Inviting Through Safe Doorways



4. Positioning of Prompts

RECOMMENDATION: Post Fire Exit instructions above or at eye level



5. Doorway Entrance Seating

RECOMMENDATION: Provide seating just inside building entrances to allow vision time to adjust. Avoid seating areas near dementia unit entrances/exits

Strategies include:

- ✓ provide age-friendly seating area (e.g. bench, chairs, etc.) close to building entrance
- ✓ Use of Awnings for transitional lighting - Check out our lighting document for more great strategies!



Building Relationships

- These recommendations are based on our interpretation of current research and best practices; they are neither prescriptive nor all-inclusive
- A facility/organization planning environmental changes should ensure they comply with the MOHLTC Long-Term Care Facility Design Manual, the LTC Homes Act, any other pertinent legislation/codes, and the requirements of the Fire Marshal
- Work closely with your local fire marshal/inspectors, architects, and engineers, to make the best choices available to you





**Transition space
between
outdoors/indoors**

Recessed seating



6. Limitations to Doorways / Elevator Traffic

RECOMMENDATIONS: Ensure exits from dementia environments are low-traffic areas

Strategies include:

- ✓ encourage staff and visitors to use stairwells and alternative entrances as much as possible
- ✓ have service staff use alternative entrance to the unit and/or consider timing of service traffic
- ✓ when possible, locate elevators outside of secure area



Elevator Redirection



Before

After

By permission of Creative Art Co.

Elevator Redirection



By permission of Creative Art Co.

DOORWAYS Knowledge to Practice
Recommendations



7. Door Code Redirection



RECOMMENDATION:

Incorporate door / elevator code pads into visual redirection adaptations

Strategies include:

- ✓ keypad as part of bookshelf design or wall painting
- ✓ incorporate upside down code pads



Elevator and Code Pad Redirection



8. Enhanced Privacy

RECOMMENDATION:

Consider Dutch Doors to enhance privacy and offer opportunities for engagement

Strategies include:

- ✓ install for individual rooms or activity areas to limit uninvited entry to bedrooms



Google images



Review

- Doorways are an important design feature affecting the quality of life for persons living with dementia
- Redirecting attention away from doorways/towards safe areas can:
 - ✓ reduce anxiety
 - ✓ reduce exit-seeking behaviour
 - ✓ promote feelings of freedom and control
 - ✓ promote exercise and restorative functions
 - ✓ decrease boredom
 - ✓ increase ability to both actively engage safely in their environment



Questions?



You are invited to get involved!

brainxchange.ca/design

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