Dementia-Friendly Design Considerations

Knowledge to Practice Recommendations:

DOORWAYS

Presenters:
Deb Bryson: dbryson@alzhh.ca
Frances Morton-Chang: elder.coach@hotmail.com
DOORWAYS, a Design Intervention

The Willowgrove LTC, Ancaster
Design and Dementia CoP

- **WHAT**: Sharing, promoting and facilitating the integration of evidence-informed dementia friendly design to improve care for persons with dementia

- **HOW**: Series of webinars to share collective wisdom, insight, and effort in brainstorming, researching, and/or creating practical dementia friendly knowledge to practice resources to aid in the adoption best practice

- **WHY**: To improve quality of life and dementia care through improved environmental design of care settings (including physical, social, and emotional design components)
Learning Objectives

• Highlight how exit seeking and other responsive behaviours of persons with dementia can be decreased by drawing attention away from doorways

• Outline a set of ‘knowledge to practice’ recommendations based on quality literature and practice knowledge

• Learn from one another about the trials and successes of implementing doorway interventions
Research and Evidence

• A supportive environment (both physical and social) are key social determinants of health and identified as a key component to full engagement in community\(^1\)

• Changes related to aging and cognition

• 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 continual balance between many factors related to design considerations and implementation:
  • Individual needs for the resident
  • Compliance and legislated standards
  • Time and resources
  • Established design of buildings
So, now that we know this...

How do we develop constructive strategies to assist persons with dementia to make sense of their environment and improve their sense of well-being?
Dementia-**Friendly** Design Considerations

- series of ‘Knowledge to Practice Recommendations’

- important physical design elements to facilitate persons with dementia and their caregivers to make sense of their environment and improve well-being

- living or dynamic documents (continually edited and updated) by the AKE Design and Dementia Community of Practice

- emerging quality evidence and the integration of both practice-based and experiential knowledge of those caring for persons with dementia
Why Doorways?

- People have a natural interest to go in and out of doors.

- Persons with dementia (PWDs) do not lose this interest, however may lack judgment as to what will happen if they do enter or exit from one area to another.

- The inability to go out a door can cause a person with dementia great anxiety and frustration.

- Ideal environments will be designed to avoid bringing attention to exits.

- Where high traffic exits exist, whenever/wherever possible it is best to lead PWDs attention away from doors using positive cueing or redirection with other interesting stimuli.
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
CAMOUFLAGE RESTRICTED AREAS

• RECOMMENDATION: Adapt doorways to restricted areas (e.g. staff/ maintenance doors), co-resident rooms and exit doors from dementia units 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 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 fabric ribbon, or signage (please refer to way-finding section of signage recommendations) in front of doors
DOORWAYS Knowledge to Practice Recommendations

Grace Villa, Hamilton

Pine Villa, Stoney Creek
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
ENHANCED ACCESS TO SAFE AREAS

• RECOMMENDATION: Provide doorway design that enhances access to safe wandering 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
POSITIONING OF PROMPTS

• RECOMMENDATION: Post Fire Exit instructions above or at eye level
DOORWAY ENTRANCE SEATING

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

• Strategies include:
  ✓ provide elder-appropriate seating area (e.g. bench, chairs, etc.) close to building entrance
  ✓ see therapeutic redirection section for
  ✓ strategies regarding dementia unit doors
LIMITATIONS TO DOORWAY / ELEVATOR TRAFFIC

• RECOMMENDATIONS: Ensure exits from dementia units 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 and Code Pad Redirection
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
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
Review

- Doorways are an important design feature to the quality of life for persons living with dementia. Redirecting attention away from doorways 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 and passively engage in a safe manner
You are invited to get involved!!!
AKE Resource Centre: www.akeontario.org

Frances Morton, CoP Lead: elder.coach@hotmail.com

or

Sarah Clark, AKE Knowledge Broker: clarks3@providencecare.ca