

Dementia, service provision and housing design

There are currently approximately 37,000 people living with dementia in Wales. Statistics show that 1 in 14 people over 65 have dementia, 6 in 80 people over 80 have dementia and 1 in 3 people over 95 have a form of dementia. The 2011 Welsh Government's 'National Dementia Vision for Wales' (<http://wales.gov.uk/docs/dhss/publications/110302dementiaen.pdf>) estimated that by 2021 the number of people with dementia will increase by at least 31%.

Dementia and Housing Management

With an ageing population, it is likely that more of your tenants and service users will develop dementia. Meeting their needs will impact on housing management. Below are some key considerations for housing practitioners:

Communication – some people revert back to their first language as their dementia progresses. This could have a significant impact on how you communicate with tenants and work to make sure they are kept informed and involved with the organisation.

Behaviour Changes – as dementia progresses, some people can become verbally and physically aggressive - something to be aware of when visiting people in their own home. Also this may impact on reports of anti-social behaviour. In both cases you would need to be aware of discrimination related to disability and matters arising from disability.

Keys – for some people keeping track of their keys may be more difficult. To minimise potential costly locksmiths consider the use of spare keys, key safes and named key guardians.



Dementia is a term which covers a large number of conditions. The degree to which someone is affected and their symptoms will be unique to them.

Increase staff awareness and knowledge - The Alzheimer's Society has produced a series of factsheets on each type of dementia: www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200362

Care and Repair Cymru have produced a 'How to do it Mini Guide to Dementia Awareness and Information Training Pack.'

It is a useful tool for officers, external contractors and trades people who may work with people with dementia and has some helpful tips for effective communication with people with dementia. www.careandrepair.org.uk/uploads/Publications/Mini_Guides/Mini-guide_Dementia_Awareness_final_2-1.pdf

Dementia and Housing Design

As the numbers of people with dementia increase in Wales so the need for considered housing design to meet these needs will also increase.

Whilst some elements are more likely to be fitted through a Physical Adaptations Grant or Disabled Facilities Grant you can consider some issues at planning and design stage.

This can help you avoid additional costs in the future. Some tips for housing design:

1. **Double lighting levels** –people with dementia often have sight problems
2. **Way finding** - think about signage on estates
1.2m from ground as sight and neck muscles can be affected
3. **Tonal contrast for doorways** enabling tenants to navigate their homes
4. **Dementia affects recent memory** - when thinking about design try to avoid things which are not common place. When you provide home adaptations try not to change too much.



Dementia Services Development Centre (DSDC)

The Dementia Services Development Centre at the University of Stirling aims to improve and extend services for people with dementia and their families through training and education, library and information services, research and consultancy and publications.

The DSDC is the UK and international leader in the design of environments for people with dementia.

The Centre is based in the Iris Murdoch Building which was the first public building in the UK to be designed with dementia-friendly design principles and is open to visitors.

The design services include a design consultancy service, an audit certification service and design audit tools.

There is also a design and technology suite to highlight examples of good practice design considerations.

For those who are unable to visit, there is a virtual hospital and virtual care home on the website.

There is a range of design publications on offer including books on Designing Interiors for People with Dementia, Light and lighting design, Sound and the acoustic environment, Housing design, designing balconies and terraces.

There is also a guide for carers called "10 Helpful Hints for dementia design at home"

call 01786 467740. The DSDC's publications are also available on Amazon.

Good Practice Example

Often Dementia service provision is aimed at the over 65's, but more than 17,000 under 65's have been diagnosed with dementia and their needs are not often well understood.

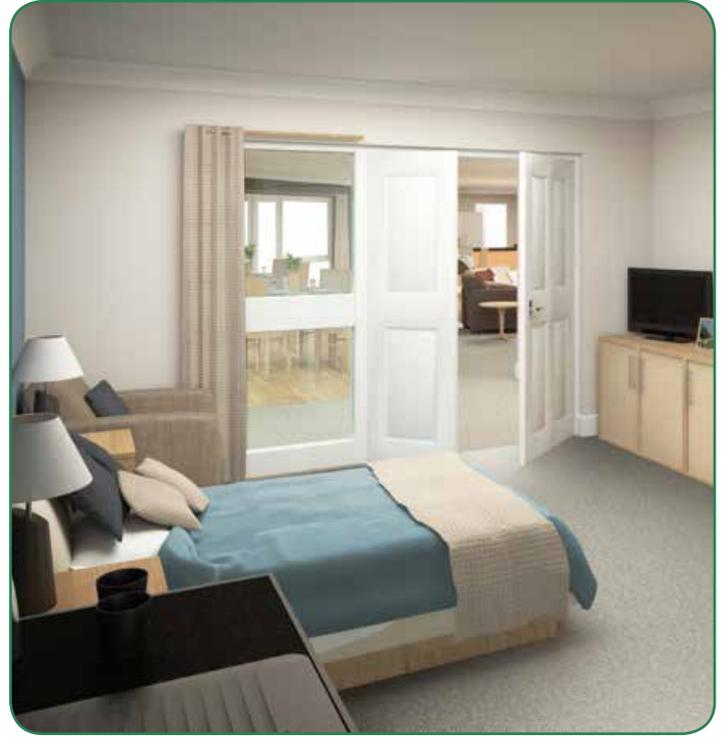
They face particular challenges which include:

- still being in work when diagnosed
- having a partner who is still working
- still having dependent children
- caring for older parents
- generally being otherwise physically fit and active
- financial commitments (such as a mortgage through shared ownership schemes)

A partnership project between Seren Group, Aneurin Bevan Health Board and the Alzheimer's Society highlighted the lack of existing provision for younger people with dementia.

In response to this and specific requests from the Young People with Dementia forum, a project was created aimed at this group.

Working closely with all partners, they designed a development which aims to be a centre of excellence in South Wales.



Located at Cwmgelli in Blackwood, it is due to be completed in early 2015 and comprises:

- 22 units of self-contained accommodation, each comprising bedroom/lounge/kitchenette (where appropriate) and en-suite
- Spacious lounges in an airy, open plan setting
- Café area leading to garden and pavilion
- Pavilion in garden for social events/gym/ Younger People with Dementia Choir
- Spa for relaxation
- Alzheimer's Society Office
- Aneurin Bevan Health Board Office
- Clinic Room
- Activities Room
- Roof terrace to first floor
- Internally designed to meet the needs of people with dementia
- Family accommodation for visitors stays

If you would like more information contact Carly Dix, Project Officer on 01633 233875 or carly.dix@seren-group.co.uk

Dementia and Community Engagement

Isolation in old age is a common problem which has considerable impact on an individual's mental and physical wellbeing.

For those with dementia connection to their community can become increasingly difficult. People may need additional support to access community activities and specific adjustments may need to be made to meet their needs.

For an individual, the family and friends coming to terms with a diagnosis of dementia can be difficult.

Initiatives which offer support to people in a setting which is accessible and comfortable to discuss dementia can be really beneficial, as can awareness raising of the early signs of dementia and advice on seeking help.

Dementia Café for the Black and Minority Ethnic Community

The Alzheimer's Society has been running Dementia Cafes for a number of years. Their aim is to provide a safe, comfortable and relaxed environment in which people affected by or concerned about dementia can meet with others in similar circumstances.

It gives them an opportunity to discuss their concerns about the progression of the disease but also it gives them a chance to socialise in a space where their challenges are accepted and understood.

Staff from the Alzheimer's Society are always on hand to provide coffee, biscuits, information and support.

The café in Butetown, Cardiff focuses on the Black and Ethnic Minority Communities where the awareness of dementia and the importance of

timely diagnosis may not be as strong as in other communities.

This café is open to those who have a diagnosis of dementia and to those who may be getting concerned about their own memory or that of someone they know. It is also open to health and social care professionals who may want to pick up information on dementia.

The Butetown Dementia Café is situated at the: Butetown Community Centre Cafe, Loudon Square, Butetown, Cardiff (02920487658).

They meet on the third Thursday of the month between 2pm and 4pm.

Sources and Further Information

Wales Dementia Help-line:
www.dementiahelpline.org.uk

Alzheimers Society: Living Well With Dementia After Diagnosis Pack (English and Welsh)
<http://tinyurl.com/nadfnx8>

National Assembly for Wales:
National Dementia Vision for Wales
<http://tinyurl.com/phelq4h>

**Dementia Services Development Centre (DSDC)
Bangor University:** <http://dsvc.bangor.ac.uk/>

**Housing LIN: General Resource Dementia and
Housing:** <http://tinyurl.com/p3cbzh6>

Contact Tai Pawb

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