



### **Design for dementia care**

*The Lodge: evaluating the success of the design.*

#### **Lorraine Haining, Head of Dementia Services, The Lodge**

The biggest strength I think that we've found in the building is the space, you know we've found, and particularly with people with challenging behaviour, which is three-quarters of our population in The Lodge, we have found that that has really had a huge impact on their quality of life, and that's been, you know very, that's, we've noticed that change very quickly. You know they've come in from hospital with a challenging behaviour history which has been fairly recent, and sometimes within, you know, a week or two we see a massive change in that person's behaviour because they've got space to move around, they've got a sense of freedom, 'cos quite often when people move into a care home, if it's small and it's oppressive people want to get out, so that sometimes can cause the challenging behaviour. Whereas here, because we've got all the space and people can wander freely, and they can get out of a situation and move somewhere else, they can get time on their own if they don't want to be with a group, we find that the challenging behaviour reduces dramatically.

#### **Becky Reynolds, Activities and Day Care Team Leader**

Because the rooms and the space is so big you can have different things going on, with different groups of residents, without it causing an issue. I have to say I haven't known of one incident that there's been anything of aggression in the Market Square, and I'm convinced that's because of the space.

#### **Lorraine Haining, Head of Dementia Services, The Lodge**

What we find is that there are slight differences in how people use the communities. We find in the residential units, for instance, the residents there often use their apartments a lot more. They spend a lot more time in there and whereas, in the nursing communities, people tend to spend a lot more time in the communal areas, so there's a difference there, I think, in how people use it.

#### **Lucy Ewbank, Care Assistant**

The overall design is just amazing. The way that the residents can just go off in their own way and do what they want is just brilliant, where you have your separate rooms and your benches and, you know, they can go to their own apartments, it's their own place.

#### **Lorraine Haining, Head of Dementia Services, The Lodge**

We're commissioned by the PCT who are delighted with the outcomes of the people that they placed here, in relation to that reduction in challenging behaviour. We've also been able to reduce the use of antipsychotic medication and we believe that the design of the place and the space has had a huge impact on that.

#### **Garuth Chalfont, Consultant in Dementia Care Design**

If a person is anxious and worried, and sad or really confused, then the most beneficial thing for that person is to get outside for a minute and focus on something that's beautiful, that's natural, that may be very sensory, and it takes your mind off of what was worrying. If a person's very angry, and I know this from some folks that I've seen, if you're very angry go for a walk around the garden and it like changes the air in your head. It brings you to a much different place. You're in a happier place and all of a sudden that anxiety is not the main thing in your life, because you've remembered that you're connected to the world, and the world is changing constantly, beautiful and interesting, and there's something going on. So it takes the focus from that person off of their own worries, and puts it onto something that could be very creative.

#### **Lorraine Haining, Head of Dementia Services, The Lodge**

The limitations we've had is we opened residential community first and we put that on the ground floor. If we were going to be doing it again we would actually have the residents with nursing needs on the ground floor 'cos they have more need to get outside in the open space. I think the residential residents, it's easier for them to come down on their own and access the open space, whereas it's harder for the nursing residents, so we would have them on the ground floor if we were doing it again. You try your best to fit every dementia-friendly design in that you can, but you can't always get it absolutely perfect.