

South Ayrshire Housing Need and Demand Assessment 2015

Appendix 10 Dementia Friendly Features for Housing

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on behalf of the South Ayrshire HMP Particular Needs Group

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Appendix X Dementia Friendly Design Features

Area		Suggestions
External Areas	Outside	Provision of porch or shelter at front door Maximise sunlight Clearly visible front doors Level access, non-slip paving Good lighting
	Differentiation between storeys	Include a visual cue eg tree in plant pot, garden gnome, to differentiate between storey
	Hallways and Communal Areas	Avoid threshold strips Avoid shiny flooring (may look wet) Avoid speckles in flooring Ensure light reflective values are similar in different flooring types
	Stairs	Sloping or stepped skirting Highly visible sloping handrails Texture change to indicate stairs Wall to contrast with floor Contrasting skirting
	Handrails	Contrast with the wall – with feature to show where they end
	Doors	Doors should contrast with walls (except those residents are not meant to access)
	Signs	Consistent in style Mounted with their lower edge no higher than 1.2 metres from the floor Clearly contrast with the door or wall Use capital letters, followed by lower case letters and include a graphic or photograph Feature good contrast between the words, graphic and background
	Sound	Sound absorbing fabrics and flooring materials
	Lifts	Easy to understand and visible controls Suitable height Careful use of mirrors (carefully positioned at an angle to help wheelchair users)
	Layout	Clear layout Avoid corridors and complex layouts Toilet visible from most parts of house
Doors	All doors are immediately visible on entering house Hang doors to maximise the view into the room Vision panels and partially glazed doors Glaze toilet doors or paint them a strong colour Avoid sliding doors	
Clocks and calendars	Large analogue clock in each room (which displays am or pm)	

Area	Suggestions
Lighting	<p>Target lighting levels:</p> <ul style="list-style-type: none"> • Living rooms 300 in lux • Recreation 300 in lux • Kitchen 600 in lux • Bathrooms and toilet 300 in lux • Bedrooms 200 in lux • Hallways 100 to 150 in lux • Stairs 150 in lux <p>Light switches easy to operate and clearly visible</p> <p>Orientate building to maximise light Install large windows with low sills Do not use deep pelmets or swag curtains Extend curtain rails beyond windows so they are fully exposed when curtains are open Provide plenty of electric lights with several circuits and controls Ensure switches contrast with walls, Install coloured plates at switches or coloured finger plates around switches</p>
Mirrors	Ensure mirrors are removable or can be concealed by doors or roller blinds
Kitchens	<p>Ensure most cupboard doors above the kitchen counter are glass-fronted Use taps and sink plugs that are traditional in appearance and usage Ensure lighting is good Do not hide fridges et behind cupboard doors</p>
Bathrooms / shower rooms	<p>Avoid standard packs of white equipment: tonal contrast is crucial Ensure equipment contrasts with walls and floors, eg grab rails contrast with floor walls, toilet seat contrast with pan and floor Maximise natural light Install two lights, neither directly over the bath Ensure showers are easy to use and understand Ensure wash hand basins are big enough for soap, toothbrush, mug etc In wet rooms with coved skirting, a contrasting capping strip should be included to make it clear where the floor ends and the wall begins Install non-slip flooring with a similar tone to any adjacent hall or bedroom carpet. Avoid threshold strips</p>
Bedrooms	<p>Locate bedrooms on quiet side of building Wardrobes with clear glazed doors Ensure plenty of light</p>
Dining Rooms	Ensure plenty of natural and artificial light
Lounges	<p>Ensure plenty of natural light Ensure furniture contrasts with floor Consider carefully location of alarm call pulls and door entry handsets</p>

Source [Improving the Design of Housing to Assist People with Dementia \(2013\)](#)