



## Our 2021 in Review!

**MAR**

### Project Approved!

DesHCA becomes 1 of 7 projects in the URKI's Social, Behavioural and Design Research Programme

**JUN**

### Team Assembled!

All 16 members of the DesHCA team are in post and work is underway to order sensors and for ethics approval

**OCT**

### A Royal Treat!

The King and Queen of Sweden visit the DesHCA team at the University of Stirling to learn about the project

**DEC**

### Literature Review Complete!

The DesHCA team finishes reviewing existing literature having identified over 19,000 potential articles!

## What a year it's been!

2021 has been an exciting year for the DesHCA team, with lots of work underway to lay the foundations for our research into Designing Homes for Healthy Cognitive Ageing.

We started by searching for existing research into the use of home adaptations and design to support older people with and without cognitive impairments. This meant carrying out a rapid systematic literature review to explore what research had been carried out, with who, and what results had been recorded.

The team examined over 19,000 potentially relevant results. We found that only 52 of the peer-reviewed papers focused on understanding how making targeted, positive changes to homes can support people as they age. DesHCA certainly has its work cut out!

We began to examine large, pre-existing datasets like the English Longitudinal Study of Ageing and the Scottish Housing Survey to learn about how people living in the UK were already changing or adapting their homes to suit their needs. This work has already helped us to identify important patterns and highlight different factors which influence how likely people are to modify their homes to support their changing needs.

Our work over 2021 has helped us to make sure that our research will reflect both the academic research and the challenges and complexities of the real world. We're excited to step into 2022 and start hearing directly from older people and industry professionals about what they think about using adaptations and home design to support people as they age!

## A Swedish Royal Visit



The DesHCA project was honoured to have the opportunity to present our work to His Majesty King Carl XVI Gustaf and Her Majesty Queen Silvia of Sweden in October.

The royal party met with members of the DesHCA team to discuss the role of the physical environment in supporting older people to adapt to their changing needs over time. The visitors were given a tour around the dementia-friendly demonstration suites in the Dementia Services Development Centre, as well as hearing presentations on DesHCA's plans and our hopes for the future of supportive design and care.

The visit reflects DesHCA's exciting partnership with the Silviahemmet charity foundation, which was founded by Queen Silvia herself in 1996. Silviahemmet's position as a DesHCA partner allows researchers to learn from the real-world expertise of professionals working for Silviahemmet, IKEA, and BoKlok, while feeding back our own evidence-based insights on the future of supportive design and designing homes for healthy cognitive ageing.

### Our Next Steps

#### January 2022

Pilot begins for the home sensing activity, which explores how people use the space in their homes in real time.

#### March 2022

First interviews with architects, designers, and builders to explore their perspectives on supportive home design and adaptations.

#### April 2022

Invitations issued for our first Knowledge Exchange Events for older people and professionals.

### Getting Involved and Taking Part

The DesHCA project is an innovative and ambitious project running between 2021 and 2024. We aim to reach out to a wide variety of people over this period to ensure we have a real insight into what supportive home design means for different people, at different times, and in different contexts.

It's important we hear from as many people as possible so that we can fairly represent what older people want, and don't want, in terms of supportive home design.

We've set a goal of recruiting older people from 100 households to take part in different activities across the project. This will mean some people choose to participate in one activity, while others choose to take part in three or four- but that's ok! Every person will bring their own unique and valuable insight to the project and help shape our understanding of supportive design for older people.

If you think you would like to hear more about the project, or the different ways you might be able to take part, you can find out more by contacting the research team directly by email at [DesHCAresearch@stir.ac.uk](mailto:DesHCAresearch@stir.ac.uk) or by exploring our website at [www.DesHCA.stir.ac.uk](http://www.DesHCA.stir.ac.uk)!

To find out more about the Designing Homes for Healthy Cognitive Ageing (DesHCA) Project, visit our website at [www.DesHCA.stir.ac.uk](http://www.DesHCA.stir.ac.uk) or email the team at [DesHCAresearch@stir.ac.uk](mailto:DesHCAresearch@stir.ac.uk)