

This is the Participant Options Form for the Designing Homes for Healthy Cognitive Ageing (DesHCA) Project.

This form will give you the chance to see the different ways in which DesHCA is gathering information, and to choose which activities you might be interested in hearing more about.

The DesHCA research project, funded as part of the UKRI's Healthy Ageing Challenge, aims to explore the ways in which housing can be designed and adapted to support people as they age.

All research activities in the DesHCA project will be reviewed and approved by the University of Stirling General University Ethics Panel. If you have any questions whatsoever about the project you can contact the research team by emailing us at deshcaresearch@stir.ac.uk or by phoning 01786 467610.

We will ask you for information, such as your name, and how you would like us to contact you about the research. This is your personal data, which we will protect and process in accordance with the General Data Protection Regulation (GDPR).

Your personal data will be stored in a secure, password protected file on a secure University sharepoint. Only specific members of the research team will have access to this data, and it will only be used to contact you about the areas of the project you indicate you are interested in. We will keep this data until the end of the project in March 2024, after which it will be securely destroyed.

Your information will not be added to our database if you do not

return the options form. You can ask to be removed from the database at any time before March 2024 by emailing deshcaresearch@stir.ac.uk or by calling 01786 467610.

What is your name?

How would you like us to address you? (e.g. Mr/Ms X, First name, or Informal name)

How old are you?

How would you describe your gender?

Which region of Scotland do you live in? (Please pick one)

- Aberdeen and North East
- Highlands and Islands
- Tayside, Central and Fife
- Edinburgh and the Lothians
- Glasgow and Strathclyde
- Scotland South

Are you living with cognitive change? (This includes any condition that impacts how your brain works. Examples might include living with dementia or Parkinson's Disease, or effects following a stroke or a traumatic brain injury etc.)

No

Yes

How would you like us to contact you? (Fill in all that apply)

I am happy to be contacted by email and my email address is:

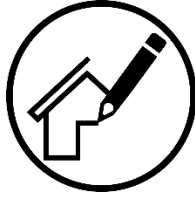
I am happy to be contacted by phone and my phone number is:

I would like to be contacted in a different way which is:

The next section gives an overview of the different ways you could get involved in the DesHCA project.

This will involve reading a brief description of each activity and choosing from one of two options to let the research team know that you are either interested in learning more about that activity, or not interested in that activity.

Indicating an interest in an activity does not commit you to taking part in it. Instead, one of the research team will contact you to give you more information about that activity, what it would mean for you, and when that activity is scheduled to start, and end. This will let you make an informed choice about what you do, or don't, want to take part in.



Activity 1 of 7: Creative Mapping

Running from Winter 2021 to Winter 2022

What's Involved?

Taking part in this activity would involve creating a 'map' to describe your home, how you use it, and what you like and dislike about it.

This activity can be undertaken using the method that makes the most sense for you. Some people may choose to take photographs of different rooms or features in their home. Others may record a video tour of their home. Some people may prefer to draw their home map by hand or paste it together using the shapes and templates provided by the team.

There is no right or wrong answer for what a home map should look like. Everyone's home is different, and everyone's map will be different too. The important part is that it gives an insight into how you think and feel about your home, what works well for you, and what could be improved.

You would then take part in an interview, where researchers asked you about your home map, and your home, and your experience of living there.

This activity can be carried out remotely or in person, depending on Covid-19 guidelines.

Taking part remotely would mean making your map in your own

time, and then taking part in an interview online or by telephone. Taking part in person would involve one of the research team visiting you at your home, and interviewing you as you create your home map, or interviewing you about your map in person.

All of DesHCA's research team are fully vaccinated, and would take a lateral flow test the day before visiting your home, if you chose to take part in person.

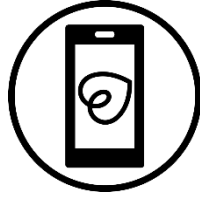
How long would it take?

While every person's home map will be different, we don't expect it to take more than thirty minutes to an hour to create your home map. Your interview with one of the research team would also last for about an hour.

In total, we expect taking part in this activity to take between 2 and 3 hours of your time.

- I would be interested in hearing more about this activity

- I am not interested in this activity



Activity 2 of 7: IRIDIS

Running from Late 2021 to Late2022

What's Involved?

Taking part in this activity would involve working through a digital 'checklist' to see how "dementia friendly" different areas of your home are.

IRIDIS is available as a free app available for iOS and Android devices.

There is also the option to work through this checklist with a researcher by telephone. This would involve one of the research team contacting you by telephone at a time that works for you, and asking you the checklist questions as you move around and look at different areas within your home. The researcher would then put your answers into the app for you.

It can take some time to complete the IRIDIS checklist, as it collects quite a lot of information to assess how "dementia friendly" your home is, based on how you answer its research informed and evidence based question. As a result, its important to set aside time to complete this activity (independently via the app, or by phone with a researcher), so that you do not feel rushed or overwhelmed.

Completing the checklist will give you the opportunity to download a PDF version of your answers, showing where your answers match the latest design guidance, and where

improvements could be made. If you complete IRIDIS with a researcher by phone, we will arrange to have this sent to you by email or post.

How long would it take?

We think that most people will be able to complete the IRIDIS checklist in about an hour- however this number will vary depending on how big your home is, and how many rooms it has.

I would be interested in hearing more about this activity

I am not interested in this activity



Activity 3 of 7: Activity Sensors

Running from Late 2021 to Late 2022

What's Involved?

Taking part in this part of the project would involve having electronic sensors installed in different rooms of your home.

We might install sensors in places like your kitchen, your living-room, and your hallway, to capture how you move around your home at different times of day.

We will not install sensors in places like bedrooms or bathrooms, or in any other room that makes you uncomfortable.

These sensors will also collect data about how bright the room is, how warm or humid the room is, and what the air quality is like throughout the day.

It is important to know that these sensors use infrared technology to capture activity, not cameras. This means that the sensors do not capture images, and researchers cannot see you. Instead, these sensors record if someone is in the space in 1s and 0s - where 1 would mean "yes" and 0 would mean "no". This data is then sent back to a large database, alongside the data from other people taking part in this part of the study.

Collecting data like this from the homes of lots of older people can help us notice patterns, and see if there are subtle changes that make people more, or less likely to be in particular areas of

their home. This can help us to think about the kind of adaptations and improvements that can help people remain comfortable at home as they age.

Taking part in this activity would involve having one of the research team visit your home and measure different rooms to work out where the sensors should be placed. The researcher would then talk through this with you, and install them on the ceiling, similar to a smoke detector. The researcher would also set up the 'base hub' for these devices, which would use your WiFi (if you have it) to send the encrypted information back to the database. You would not need to do anything to these sensors to make them work, they would simply remain in place until the time came to remove them (approximately 90 days, or 3 months, later).

If you do not have WiFi, or are worried about the speed of your WiFi, but are still interested in taking part, please select the "I am Interested" option below and discuss this with the research team. We are committed to giving as many people as possible a chance to take part in this research, and we have systems in place to manage this process without WiFi where needed.

How long would it take?

Taking part in this activity would require two visits from the research team. We expect the first visit to require up to 3 hours- this allows the researcher to talk through the details of the activity with you, before measuring the rooms in your home, installing the sensors, and checking they are working properly. We expect the second visit to be shorter, as the only thing we

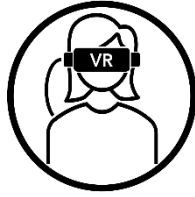
need to do is remove the sensors themselves. We expect this to take less than 90 minutes in most homes.

Its important to remember that the size of your home and the heights of your ceilings (where we install the sensor) will affect how long it takes the researcher to install and remove the devices safely.

We expect this activity to require about 5 hours of your time, split over two visits. However, this number will vary depending on the size of your home.

I would be interested in hearing more about this activity

I am not interested in this activity



Activity 4 of 7: Virtual Reality

Running from Early 2022 to Late 2022

What's Involved?

Taking part in this activity would involve using a Virtual Reality headset, provided by the research team, to explore digital models of houses.

This would mean the researchers sending a Virtual Reality headset to you at your home, so that you could complete the activity in a place that is convenient for you. You would then explore the house at a time that suits you, while working talking to a researcher either in person, or remotely by telephone or using an online software like Zoom. The research team would record video footage of where you "went" in the digital house, and what you looked at, as well as your comments about the house, and the conversation you were having with the researcher as you explored the digital space.

It is important to remember that while Virtual Reality headsets are increasingly popular, many people might be nervous about using them. This is totally understandable, and the research team would support you in to learn how to use this technology in a short "practice session" before setting you up to explore the digital house.

Because people using Virtual Reality headsets cannot see the real world around them, it is important that you have someone with you while you take part in this activity. This might be a family

member or friend, or one of the research team if Covid-19 restrictions allow. All of DesHCA's research team are fully vaccinated, and would take a lateral flow test the day before visiting your home, if you chose to take part in person.

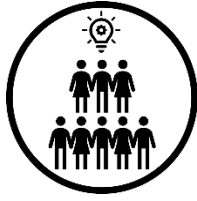
How long would it take?

We expect that most people will be able to complete the Virtual Reality activity within an hour to an hour and a half – but how long it takes will also depend on how comfortable you feel while using the Virtual Reality technology. For example, if you need to take a break for a while and sit down, this will mean the activity takes a little longer.

The research team will also support you through a short 'training' session before starting the activity, which should take less than 30 minutes. This would mean the total time required for this activity is likely to be between 90 minutes and two hours.

- I would be interested in hearing more about this activity

- I am not interested in this activity



Activity 5 of 7: Design Workshops

Running from Early 2022 to Late 2022

What's Involved?

Taking part in this activity would involve attending a workshop alongside older people and professionals from a variety of industries including architects, designers, builders, and the housing sector.

These workshops will center around reviewing the updated digital models. These models will have been presented to participants in the Virtual Reality activity, before being modified to reflect their feedback about what did or did not like about the designs.

These new designs will be presented to the group using an on screen video, and participants will then work together to share their opinions, and highlight any remaining issues or concerns with the design. It is important that we include as many older people as we can at this stage, to ensure their voices are heard alongside those of professionals, as each person will bring a unique and valuable perspective.

We are not yet certain about how these workshops will run in practice, as we plan to hold the first workshop between March and May 2022, and it is difficult to predict what Covid restrictions will look like so far ahead of time. While we hope to be able to hold some of these workshops physically at the University of Stirling, we are also preparing to run online workshops to make sure this activity can go ahead even if restrictions change, or

people feel nervous attending in-person events.

The DesHCA research team will always organise activities to be in line with the most up to date Covid-19 guidelines available.

How long would it take?

We expect the design workshops to last approximately 3 hours, or half-a-day. These sessions are likely to be held either in the morning (ending at lunchtime) or in the afternoon (starting after lunch).

I would be interested in hearing more about this activity

I am not interested in this activity



Activity 6 of 7: The Serious Game

Running from Mid 2023 to Late 2023

What's Involved?

Taking part in this activity would involve coming together with professionals from a wide variety of backgrounds including the design and construction industry, as well as representatives from charities, housing associations, housing providers and local authorities to explore DesHCAs final results.

This would involve being presented with the finalised digital models of homes designed to support healthy cognitive ageing, and discussing your opinions. These workshops will center around mixed groups of people playing a "serious game" together. A Serious Game is a game which is designed to help people come together to discuss difficult or complex topics that have a lot of 'moving parts' and designing comes for healthy cognitive ageing definitely involves a lot of moving parts!

Playing the game with people from different backgrounds will help everyone involved learn about the issues around designing homes for healthy cognitive ageing from different perspectives. These discussions will be captured by the research team, and used to

shape tools, resources, and presentations to ensure as much understanding between different groups as possible.

How long would it take?

We expect the serious game workshops to last approximately 2-3 hours. These sessions are likely to be held either in the morning (ending at lunchtime) or in the afternoon (starting after lunch).

I would be interested in hearing more about this activity

I am not interested in this activity



Activity 7 of 7: Community Researchers

Running from Mid 2021 to Early 2024

What's Involved?

Becoming a community researcher with the DesHCA project means moving away from being a participant who takes part in activities designed by the research team, and volunteering your time to become a part of the research team itself. Community researchers play an important role in making sure DesHCA's research activities accurately reflect the needs, desires, and concerns of older people themselves.

Our team of community researchers each bring different strengths to the research process. Some choose to focus on designing instructions and information materials so that they are always clear enough for participants. Others prefer to get directly involved in data collection, while some are more concerned with our outputs, and how we communicate our findings to make sure the right people hear it at the right time in the right way.

DesHCA's community researchers have the opportunity of contributing in different ways to different activities depending on their interests and availability, and each one chooses what their contribution will look like.

How long would it take?

We know that everyone's life is different, so DesHCA is designed to support community researchers to give as much or as little time as they need to. Community researchers are invited to

monthly project meetings but may also choose to get involved in different parts of DesHCA at different times- meaning the time they give will change over the course of the project.

We never pressure our community researchers to give more time than they are comfortable with, and we always support them to put their needs first when working with us.

I would be interested in hearing more about this activity

I am not interested in this activity



**Thank you for completing the participants options form for
the DesHCA Project!**

If you are happy with your answers, please return this form to
the DesHCA research team.

You can do this by emailing deshcaresearch@stir.ac.uk or by
calling Dr Sarah Swift on 01786 467610 to discuss returning your
form by post.