

# Improved housing design can help to postpone the impact of cognitive change.

Examining the dementia friendliness of homes using the Environments for Ageing and Dementia Design Assessment Tool (EADDAT)

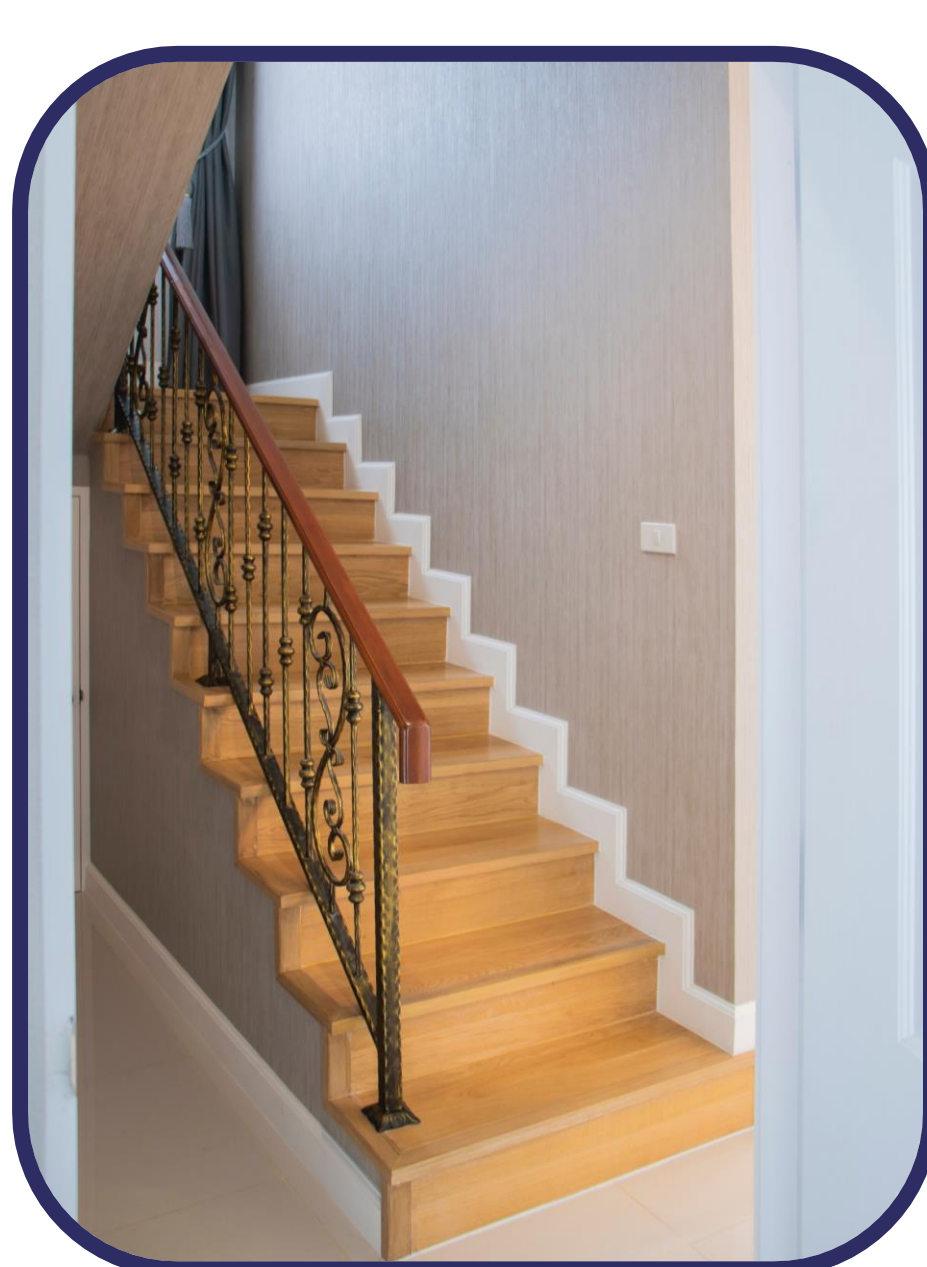
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## BACKGROUND

- By 2024, **one million** people in the UK will have dementia.
- Dementia is one of the **main causes of disability** in later life, more so than cardiovascular disease or stroke.
- Dementia-related social care costs are projected to increase by **190%** between 2019 and 2040.
- Home adaptations can prevent or delay a move into residential care for a fraction of the cost.
- However, largely the UK housing stock is inaccessible, **fewer than 1 in 10 homes** have the accessibility features to support people with disabilities to live at home.

## RECRUITMENT

- Recruiting 100 UK residents aged 55 years and older.
- Aiming to capture a range of individuals with movement, cognitive, or sensory impairments.



## SURVEY DESIGN

- Adapted from the Dementia Services Development Centre (DSDC) Environments for Ageing and Dementia Design Assessment Tool (EADDAT).
- We ask questions about each space within the home, e.g. kitchen, bathroom, garden.
- Collecting data on appearance, accessibility, and the presence of supportive design features in and around the home.

## IMPLICATIONS

- **Mutually beneficial** research: EADDAT survey allows us to assess the homes of older people in a way that captures invaluable data while also prompting reflection and learning for the respondents.



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## DEMENTIA-FRIENDLY DESIGN

- After completing the survey, respondents are provided with a booklet of 'tips and tricks' for creating a supportive home.
- The booklet contains general principles about colour, contrast, patterns, and lighting as well as more tailored information for specific spaces.

## EXAMPLE: COLOUR CONTRAST

- We've all heard of the **red toilet seat**, but did you know, it doesn't have to be red?
- Contrasting tones should exist throughout the environment, e.g. walls, floors, doors, and surfaces.
- Where required, there should be a minimum of 30% contrast.

