Diverse, desirable choices:
How design impacts quality of life for people living with dementia and their loved ones

Arup Access and Inclusive Environments
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Our Team

- Access and Inclusive Environments
- Team of 12
- Members of National Register of Access Consultants
- Team experience and expertise:
  - Local authorities / Building Control
  - Charities / Third sector
  - Architecture
  - Fire
  - Human factors / ergonomics
  - Lived experience

London office









Birmingham office



Manchester office



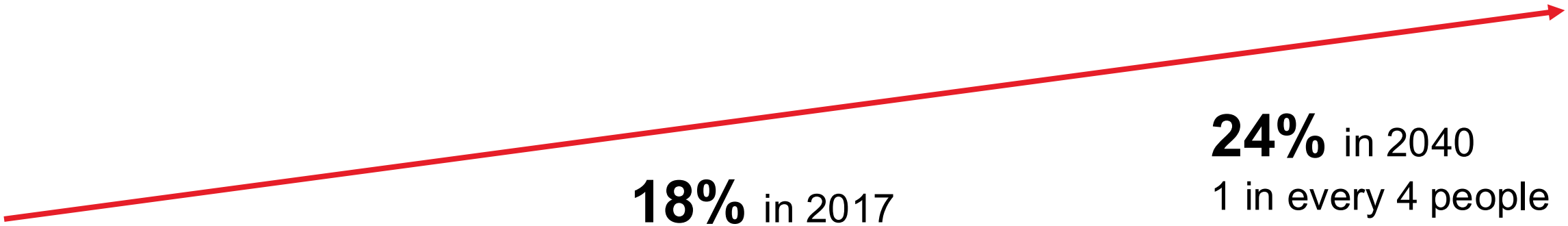



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Is design meeting the needs and wants of people living with dementia and their family?

Meeting the needs and wants of an increasing number and diversity of older people

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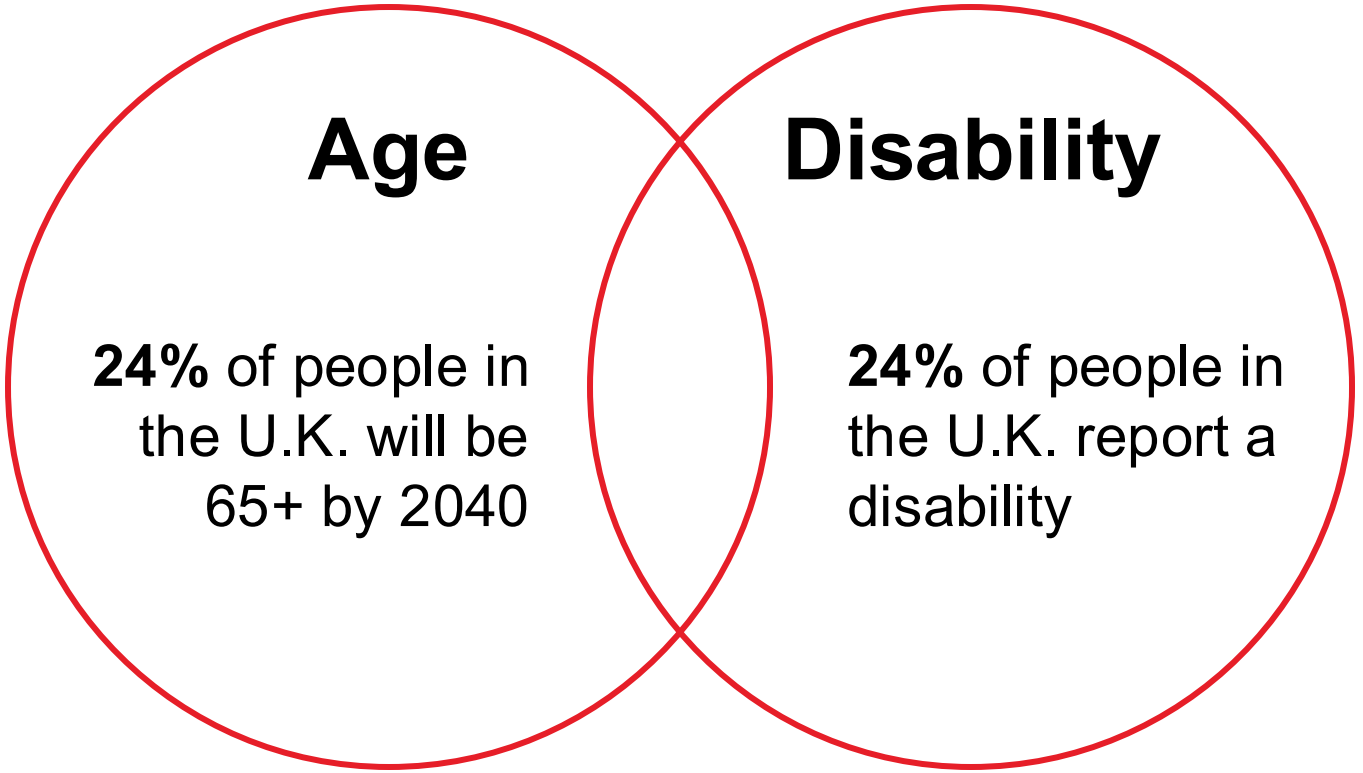
16% in 1997
1 in every 6 people (65+)

18% in 2017
1 in every 5 (18%)

24% in 2040
1 in every 4 people

Meeting the intersecting needs and wants of people

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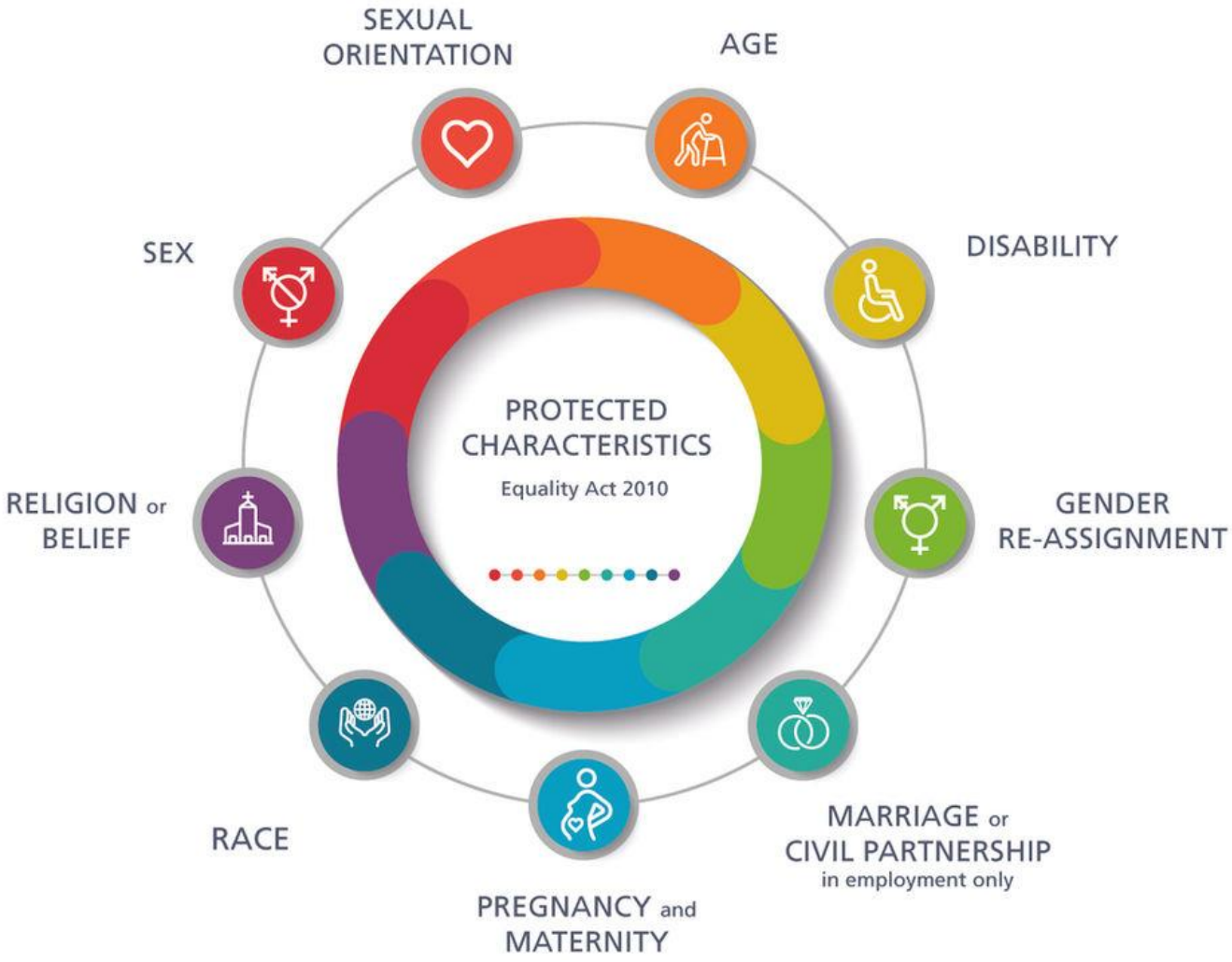
Intersectionality of ageing

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"Older people have never been a homogenous group – and this is the case now more than ever.

The negative impact of structural inequalities accumulates throughout people's lives, meaning that gaps in wealth and health are greatest in later life."

Centre for Ageing Better
State of Ageing 2023

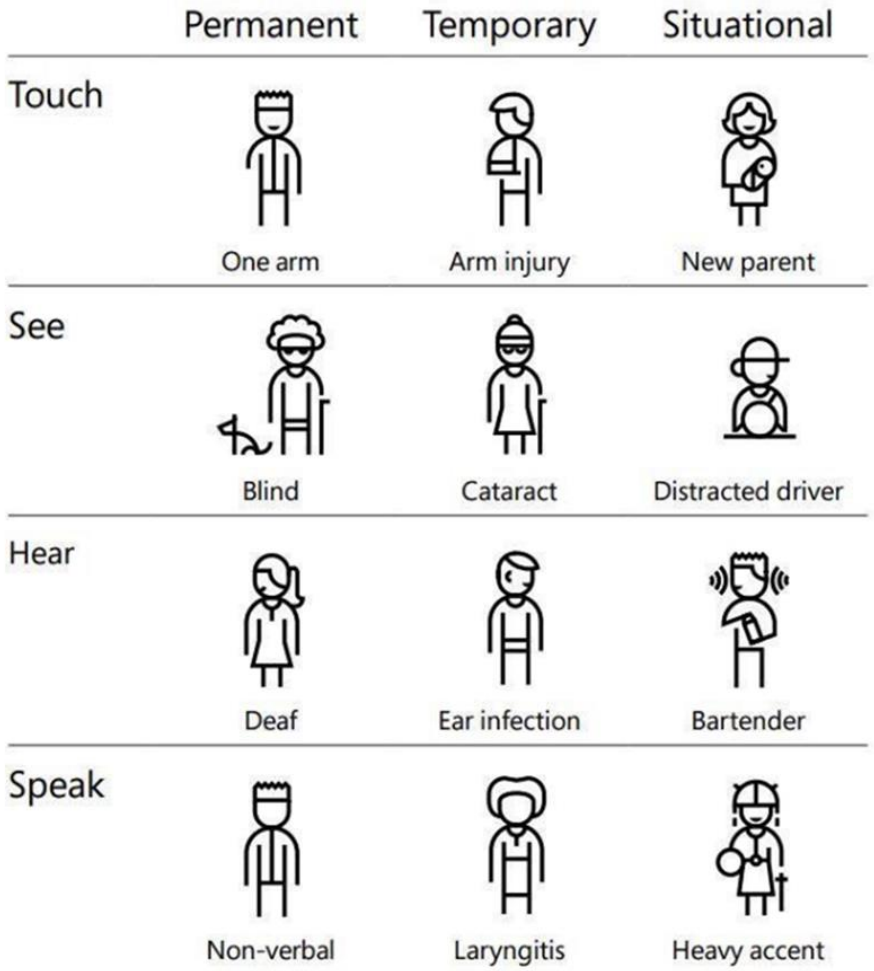


Inclusive design for different identities and communities

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People are complex and have different needs:

- Physical, sensory and mental characteristics
- Social and cultural factors
- Needs may be:
  - Multiple
  - Overlapping
  - Temporary
  - Permanent



Dementia

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55 million people have dementia worldwide.

Dementia is currently the seventh leading cause of death and one of the major causes of disability and dependency among older people globally.

Alzheimer's is the most common form of dementia and may contribute to 60-70% of cases.

$1.3 trillion US costs but also £1bn high street spending boost if we adapt towns and cities for people with dementia

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World Health Organisation
Age-friendly domains

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Specific design considerations

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Smells

Biophilia

Legible

Heights and widths

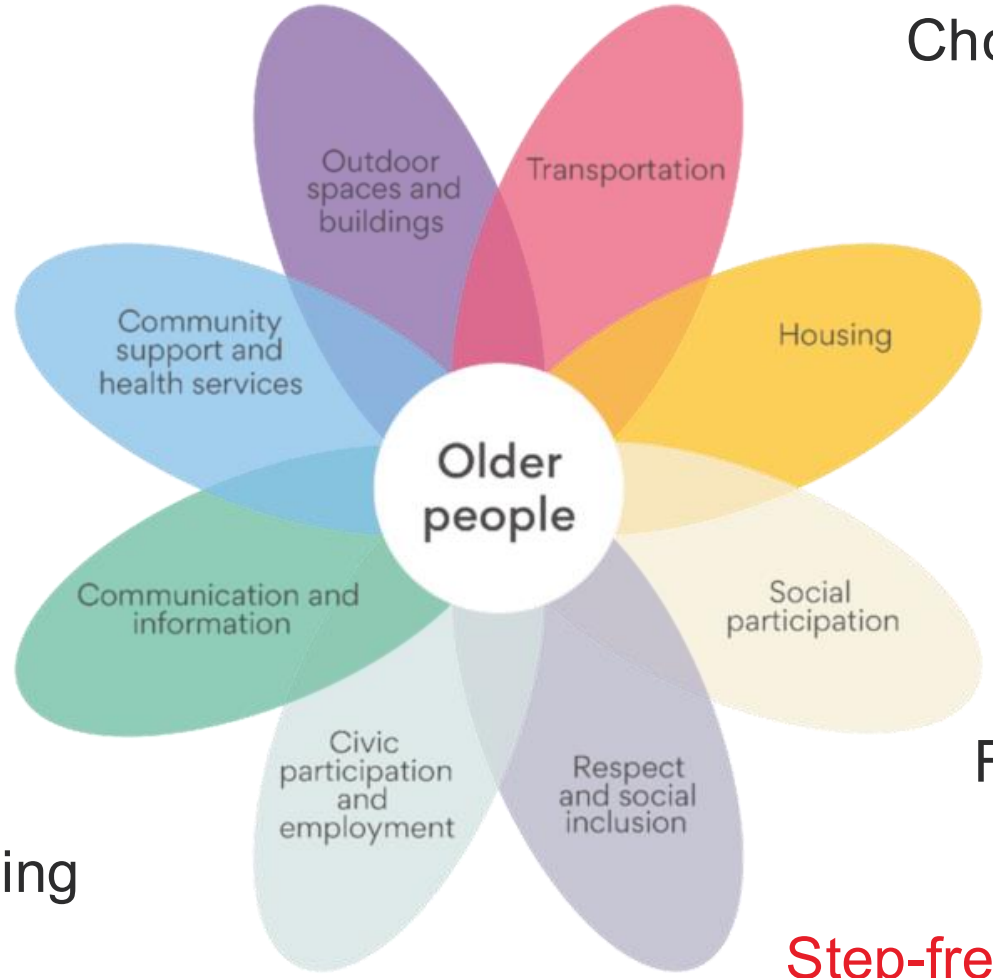
Intuitive

Clear Space

Wayfinding

Seating and rest areas

Sight lines



Choices

Tactile surfaces

Contrast

Equitable

Patterns

Acoustics

Materiality

Flexibility

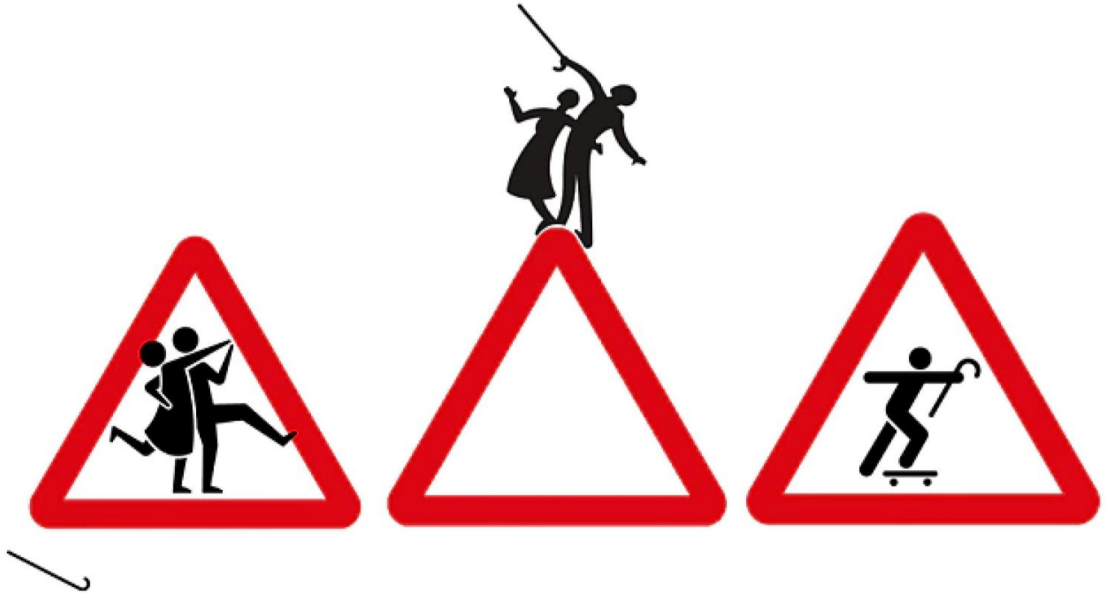
Step-free

Social opportunities

Ban assumptions and stereotypes

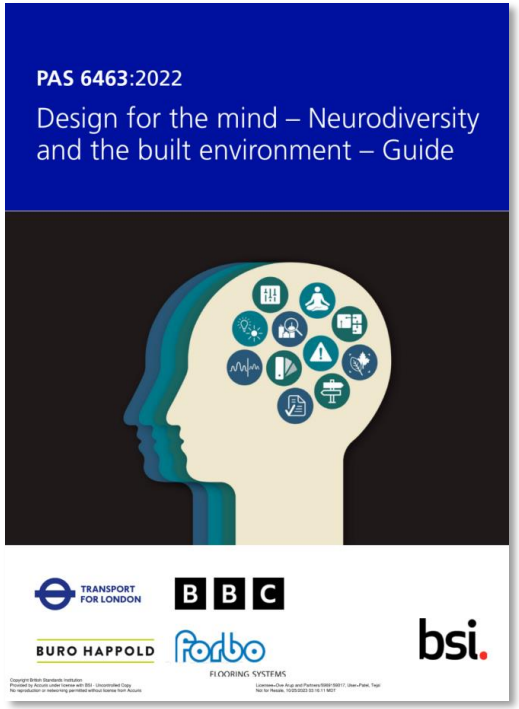
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Seek understanding

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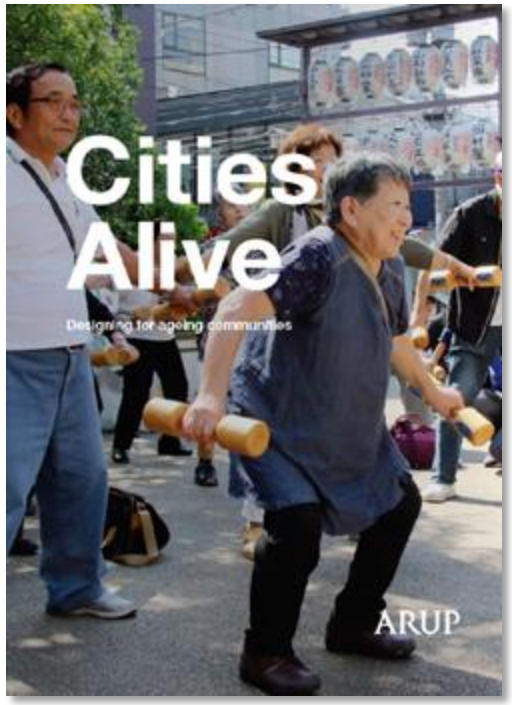


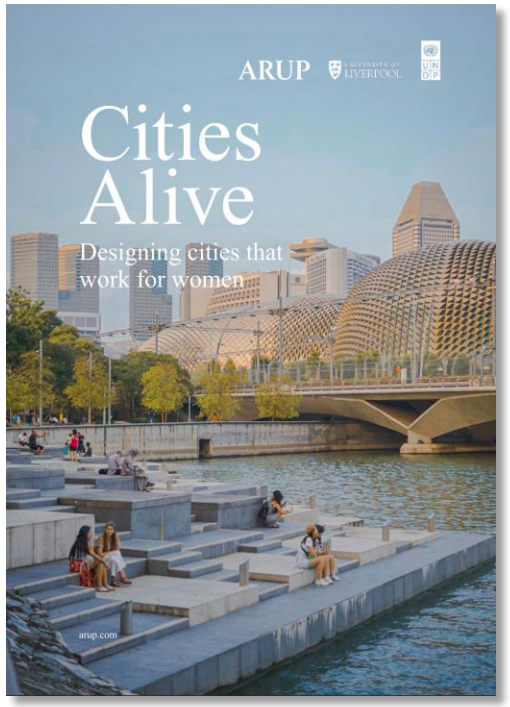




Further research, further engagement

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Reflecting on our experiences









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5 key design provocations to generate more design more diverse, desirable choices

Diverse, desirable design provocation no. 1

Cultural choices

Diverse, desirable design provocation no. 1

Cultural considerations

Do the spaces and uses reflect the diversity of residents through appropriate cultural choices and references?



Diverse, desirable design provocation no. 1

Cultural considerations

Do the spaces and uses reflect the diversity of residents through appropriate cultural choices and references?



Diverse, desirable design provocation no. 2

Engagement choices

Diverse, desirable design provocation no. 2

Degrees of engagement

Do the spaces and uses provide a range of choices so residents can engage with the appropriate level of physical, social and mental activity?



Diverse, desirable design provocation no. 2

Degrees of engagement

Do the spaces and uses provide a range of choices so residents can engage with the appropriate level of physical, social and mental activity?



Diverse, desirable design provocation no. 3

Independent choices

Diverse, desirable design provocation no. 3

Level of independence

Does the design enable people to feel a sense of freedom and independence in their day?



Diverse, desirable design provocation no. 3

Level of independence

Does the design enable people to feel a sense of freedom and independence in their day?



Diverse, desirable design provocation no. 4

Personalisation choices

Diverse, desirable design provocation no. 4

Level of personalisation

Do people feel they can personalise their space? What options are there for this in the bedroom, in the shared spaces, and beyond?



Diverse, desirable design provocation no. 4

Level of personalisation

Do people feel they can personalise their space? What options are there for this in the bedroom, in the shared spaces, and beyond?



Diverse, desirable design provocation no. 5

Desirability

Diverse, desirable design provocation no. 5

Desirability

Does the design offer diverse desirable choices that offer spaces and uses people and their families enjoy or find comfort? Does it feel like home?



Diverse, desirable design provocation no. 5

Desirability

Does the design offer diverse desirable choices that offer spaces and uses people and their families enjoy or find comfort? Does it feel like home?



Diverse, desirable design provocation summary

1. Cultural choices
2. Engagement choices
3. Independent choices
4. Personalisation choices
5. Desirability

Diverse, desirable design provocation summary

1. Cultural choices
2. Engagement choices
3. Independent choices
4. Personalisation choices
5. Desirability
6. **Affordability**

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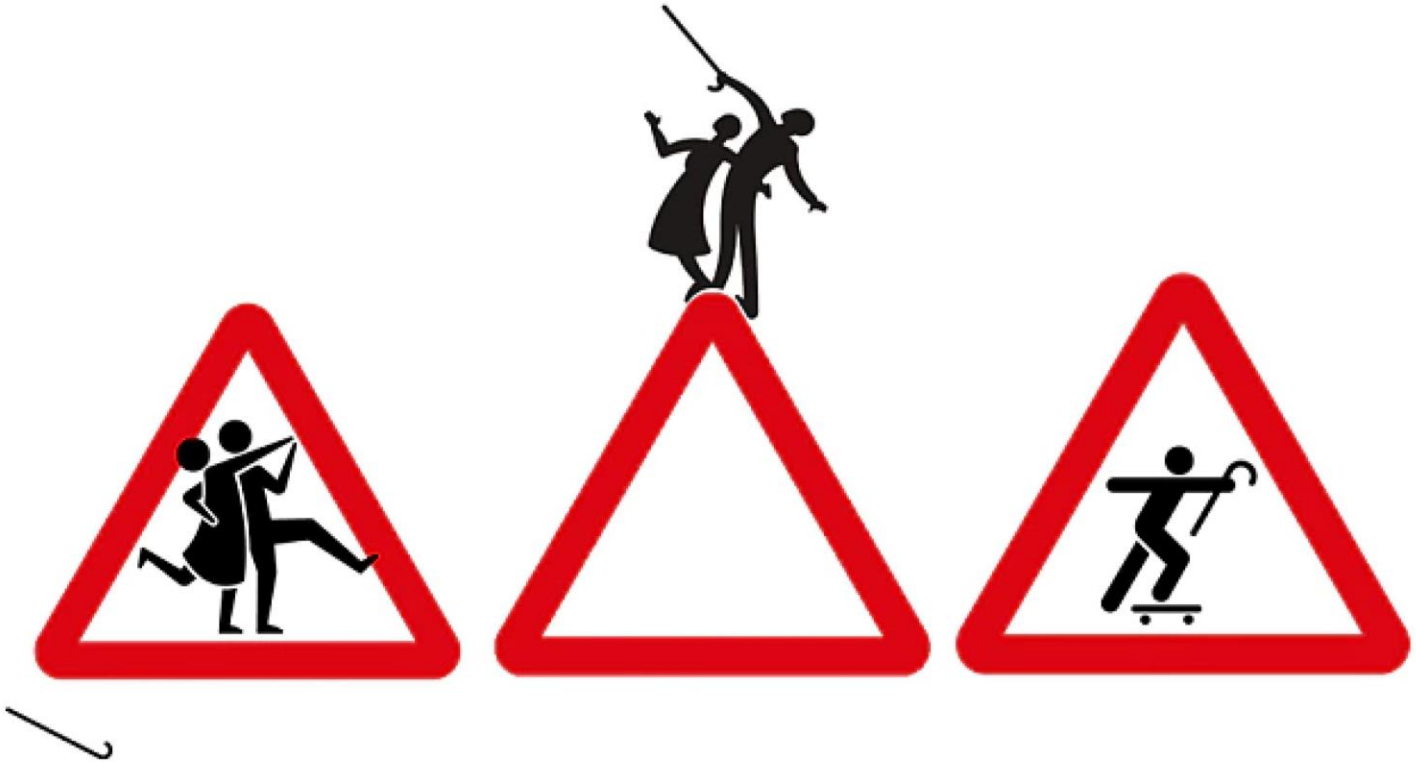
“We are all interdependent. Being dependent is not something bad, society is based on interdependence.

It’s time we suggest an interdependent design that can show the beauty and power of dependency as a societal construct.”

Nic Palmarini, National Innovation Centre for Ageing

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What diverse, desirable choices can we work together to influe



Contact Us

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Thank you!

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