

Further Information:

Denby Dale Centre

This independent Kirklees charity operates 1,000 hours of social activities every month to help reduce isolation and improve quality of life including special dementia groups.

Tel: **01484 860077**
Email: **hello@ddc.org.uk**
Website: **www.denbydalecentre.org**



National Citizen Service

NCS is a national government funded programme for 16 and 17 year olds to learn new skills and make a difference in their local community.

Tel: **01484 484180**
Email: **ncs@huddersfieldcommunitytrust.co.uk**
Website: **www.ncsyes.co.uk**



Kirklees Dementia Action Alliance

Aims to help make a "Kinder Kirklees" and a more compassionate community and to improve the lives of people living with dementia.

Tel: **07854 028219**
Email: **ebostock@kdaa.org.uk**
Website: **www.dementiaaction.org.uk**



Stirling University

Leading dementia studies working in partnership with the Alzheimer's Society Scotland and sharing resources with NCS students..

Tel: **01786 473171**
Email: **infocentre@stir.ac.uk**
Website: **www.stir.ac.uk**



Alzheimer's Society

UK's leading dementia support and research charity, here for anyone affected by any form of dementia in England, Wales and Northern Ireland.

Tel: **01484 429865**
Email: **c&k.service@alzheimers.org.uk**
Website: **www.alzheimers.org.uk**



Designing Dementia Friendly Spaces

This leaflet is available as an outline guide to help anyone who is designing spaces for people and would like to make the design Dementia Friendly. The leaflet content is intended to create a do's and don'ts when thinking about re-decorating a room, hall or other living space.

The Denby Dale Centre has worked in partnership with the National Citizen Service to upgrade their meeting room in the Kirkburton Hub, near Huddersfield and would like to share the learning from this work.



Turn this room



Into this
Dementia Friendly
space



FREE

What is Dementia?

The NHS define dementia as: a common condition, your risk of developing dementia increases as you get older.

Dementia is a syndrome (a group of related symptoms) associated with an ongoing decline of the brain and its abilities. This includes problems with memory loss, thinking speed, mental agility, language, understanding and judgement.

People with dementia can become apathetic or uninterested in their usual activities, and have problems controlling their emotions, or non-apathetic with OCD and attention to detail leading to frustration. They may also find social situations challenging, lose interest in socialising, and aspects of their personality may change.

One of the Denby Dale Centre clients describe their dementia as being like in a room full of fog, and they cannot find the door. It is confusing, frustrating and not much makes sense.

Why is Dementia Friendly Space Important?

Living with dementia can be confusing and frustrating, with normal day to day living not making sense. The immediate environment can increase or decrease that situation. Considering things that may make living with dementia worse, or easier can totally change your face to face experience with someone and make the world of difference that is difficult to imagine or describe.

Pattern Colour Contrast

Pattern, colour and contrast and are very important things to consider.

Patterns could be interpreted as stains, damp, damaged or even living (for example swirls looking like snakes, moving). It may be better to have plain than patterned wallpaper, carpet or fabric.

Colour can play a vital role in anyone's mood or relaxation. Consider calm colours like light blue, grass-green and pastel yellow.

Contrast is important to consider and also helps anyone with poor sight. Furniture in colours that contrast the floor and walls will help someone navigate the room. Table cloth, plate and food colour is also an important consideration, see this photo of mash on a white plate on a white table covering.



Framing

It can help if you put a frame around things such as sockets or light switches, especially if there is low contrast.



Lighting

People benefit from high levels of natural lighting.

Daylight provides:

- higher levels of light than domestic electric lighting
- changes in daylight over the day help to signal the passing of time
- more diffused light covering a larger area is more comfortable to work in

Signage

Using pictures/icons as well a word in a sign can help someone to distinguish what is being signposted. Consider how the sign may be interpreted when designing images and keep it clean, clear and simple.

Consider signs depicting doors as people living with dementia may look to leave a room or situation where they feel uncomfortable.



Reflections

Areas like mirrors or windows with low lighting behind them can confuse brain waves for someone living with dementia. For example, seeing someone that they may recognise as looking like a grand parent, but it is their own reflection.

Doormats & Carpets

Doormats are the first thing you see when entering a building. They can appear to some like man holes without covers on. The experience of crossing a threshold could become a barrier to someone being comfortable in that room. You could consider border, colour and pattern when selecting, see carpets.



Carpets with patterns may be interpreted differently by the brain of someone living with dementia. For example, swirling or curving patterns could be seen as snakes or other living animals, and could appear to move. You could imagine how very unsettling for someone and may even lead to a panic attack.