



TOWARDS ROBUST, RESPONSIVE AND EQUITABLE LONG-TERM CARE SYSTEMS AROUND THE WORLD

LEARNING TO DESIGN SPACES FOR LIVING AND WELLBEING IN CARE HOMES

17 study cases from Asturias and Gipuzkoa in Spain



GLOBAL OBSERVATORY
LONG TERM CARE

INTERNATIONAL LONG-TERM CARE POLICY NETWORK

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Estrategia Estatal para un nuevo modelo de cuidados en la comunidad:

Un proceso de desinstitucionalización



Change the culture of care for people who need support



Contribute to improving and transforming the typology of existing centers and services, also enhancing community and family-based services and supports



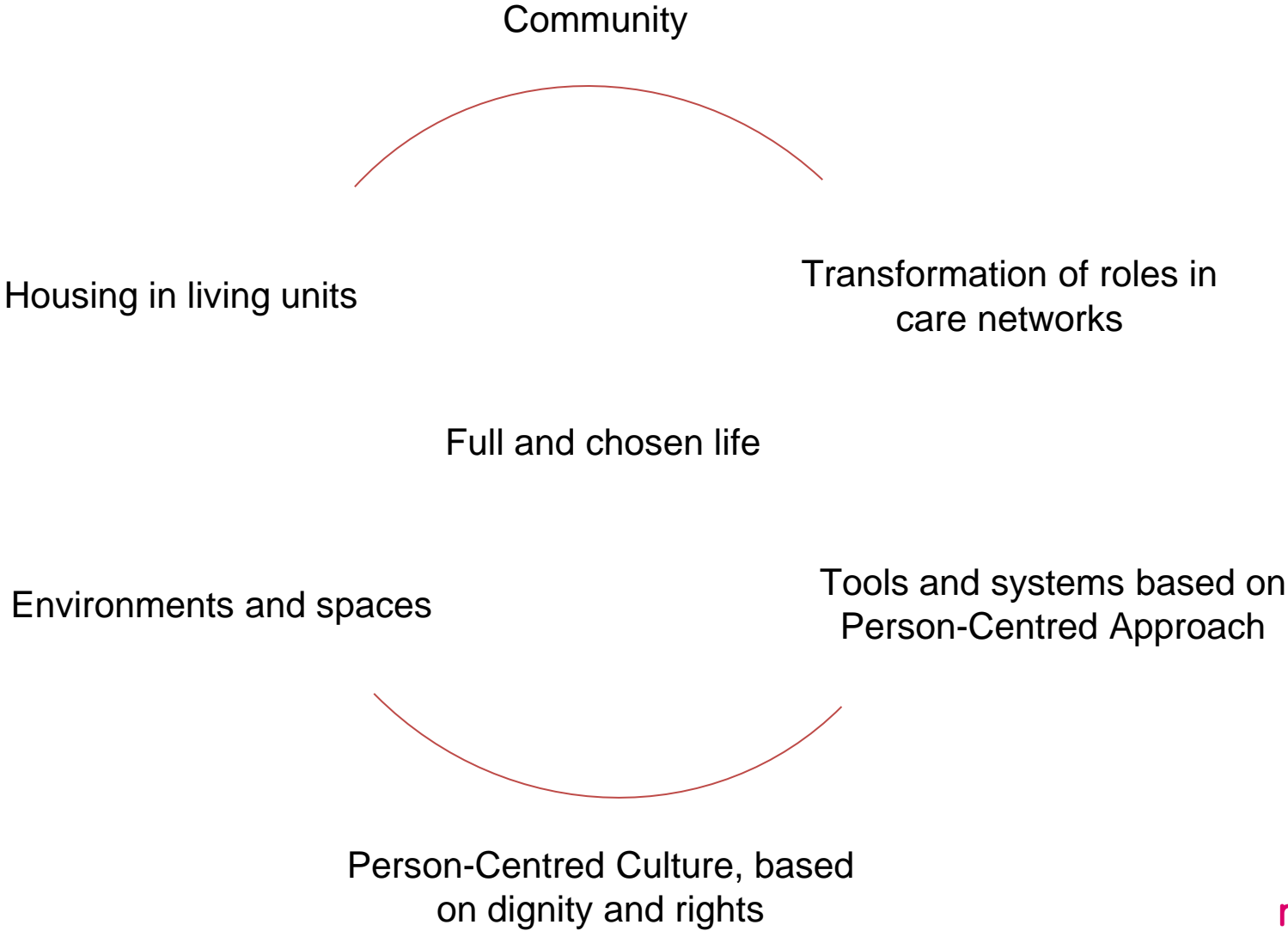
Improve support policies and care, based on personalized attention, continuous, comprehensive and coordinated



Promote more inclusive community environments, accessible and welcoming to diversity

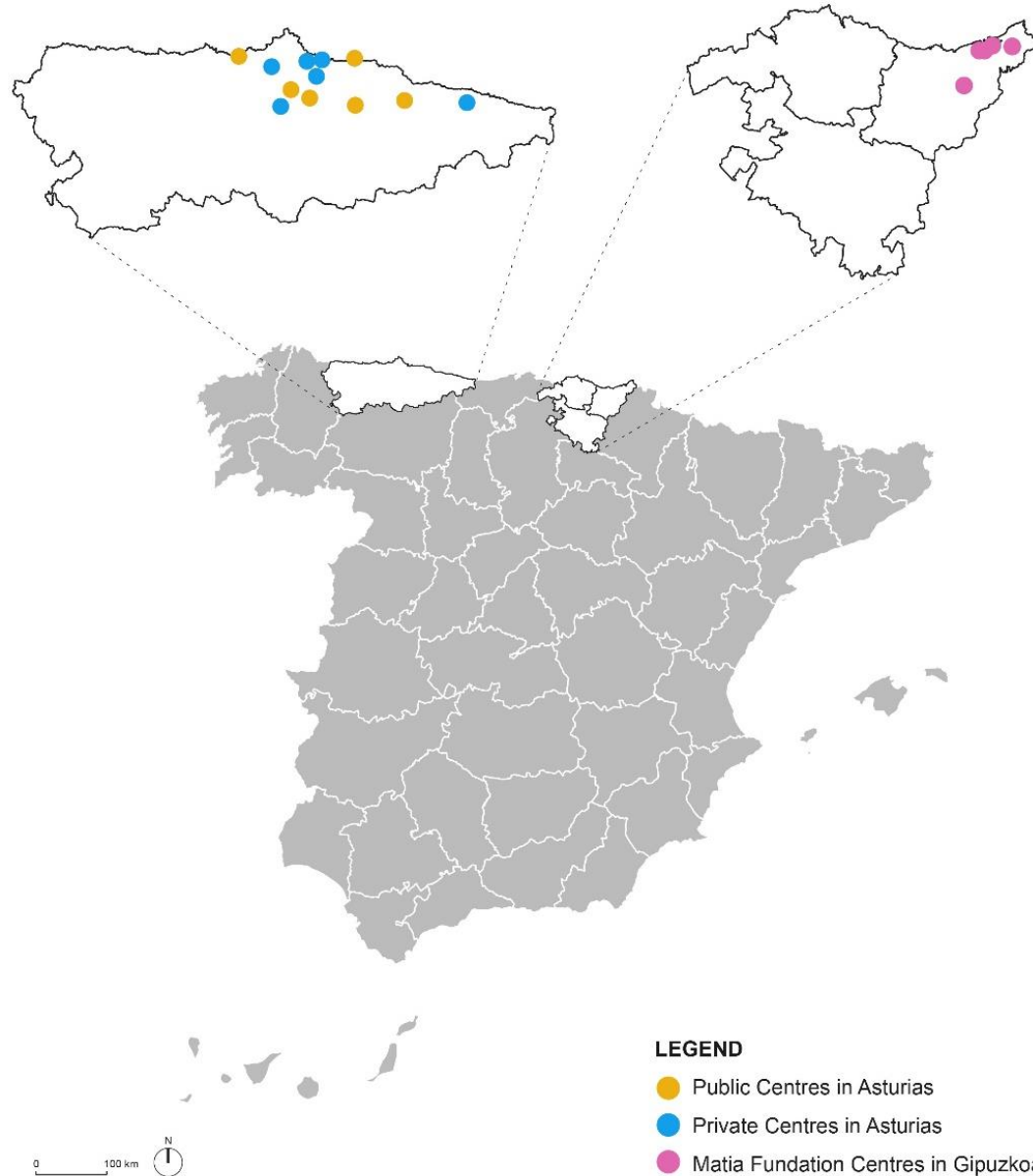


1. Introduction



2. Aim and design

- ▶ Environments as facilitators of a Person-Centred Care
- ▶ How to transform current environments and physical infrastructures
- ▶ Great diversity and heterogeneity



3. Methodology

1

**Participatory
review**



2

**Design of a methodology
for raising awareness
and empowering core
teams about home-like
environments**



3

**Training of the
core teams**



4

**Data collection
and results**

1 Participatory review

3. Methodology

1.1 State of art and literature review considering terms such as 'home-like environments', 'dementia-friendly design', 'dementia-friendly design guidelines', 'housing alternatives for older people', 'co-creation design process'



1.2 Adaptation and evaluation in the Spanish context



17 systematic evaluations based on quantitative and qualitative parameters regarding architectural and interior design elements structured in different areas of the building



17 centres: 6 public + 11 private (Asturias + Gipuzkoa)



Architectural design recommendations for 9 selected centres (total)



3 executed projects (Matia - Gipuzkoa)
6 recommendations to preliminary design projects (3 public + 3 private - Asturias)

3. Methodology

2 Design of a methodology for raising awareness and empowering core teams about home-like environments

2.1 'Home from Home' magazine (first version)



- Informative content and practical tips focusing on spatial organization and decoration, written for a general public (residents, caregivers, relatives, directors, etc.).

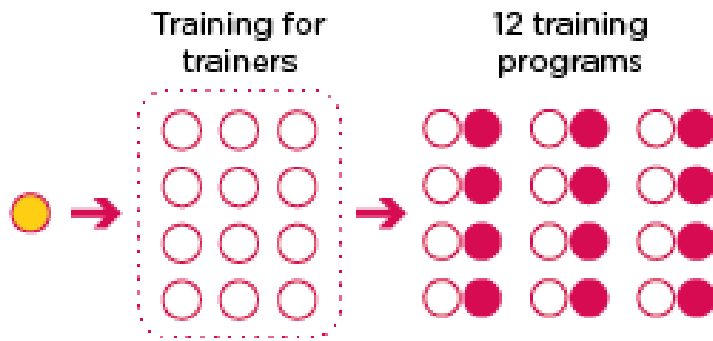
2.2 A participatory tool for environmental evaluation: the wheel of ambiances



- Material for workshops to evaluate environments individually or in groups and agree on changes and actions to be implemented

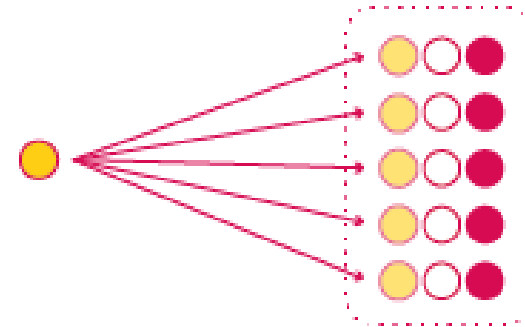
3 Training of the core teams

Asturias



Gipuzkoa

Accompaniment of ‘Home from Home’ core teams



+

Legend

- Expert on design
- ‘Home from Home’ accompaniment team
- ‘Home from Home’ core teams from each centre

- A specific session about design and home-like environments was part of a broader accompaniment process that included other aspects based on the Person-Centred Care approach such as management, significative routines and lifestyles, language, organizational aspects, leadership and care culture.

No. participants	% people living in the care home	% workers and caregivers	% relatives	% volunteers
252	19	68	8	1

3. Methodology



3 Training of the core teams



3. Methodology

3 Training of the core teams



4 Data collection

4.1 60 reviews and contributions (involving all the stakeholders)
 online questionnaire with a Likert evaluation and open answers about suggestions

4.2 Transformation of environments



Transformations and best practices have been identified and compiled through a participatory approach. Their contributions have enriched the final version of the magazine.

Practical tips

- 1** People who have experience in interior design can help you to identify the effects that a project will have on the environment. It is important to consider the needs of the people who will be using the space.
- 2** There must be sufficient natural light in the space. It is important to consider the needs of the people who will be using the space.
- 3** The space should be comfortable and functional. It is important to consider the needs of the people who will be using the space.

Spot the differences

- 1** There are many different ways to design a space. It is important to consider the needs of the people who will be using the space.
- 2** There are many different ways to design a space. It is important to consider the needs of the people who will be using the space.
- 3** There are many different ways to design a space. It is important to consider the needs of the people who will be using the space.

3. Methodology

4 Data collection

Before and After



3. Methodology

4 Data collection

Before and after



3. Methodology

4 Data collection

Spot the differences



3. Methodology

4 Data collection

Easy tip



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Nº1

HOME FROM HOME

A new model of nursing homes



In this issue

WELL-THOUGHT-OUT SPACES AND ACTIVITIES
We share the keys to decorating and organising the different spaces in a residential centre

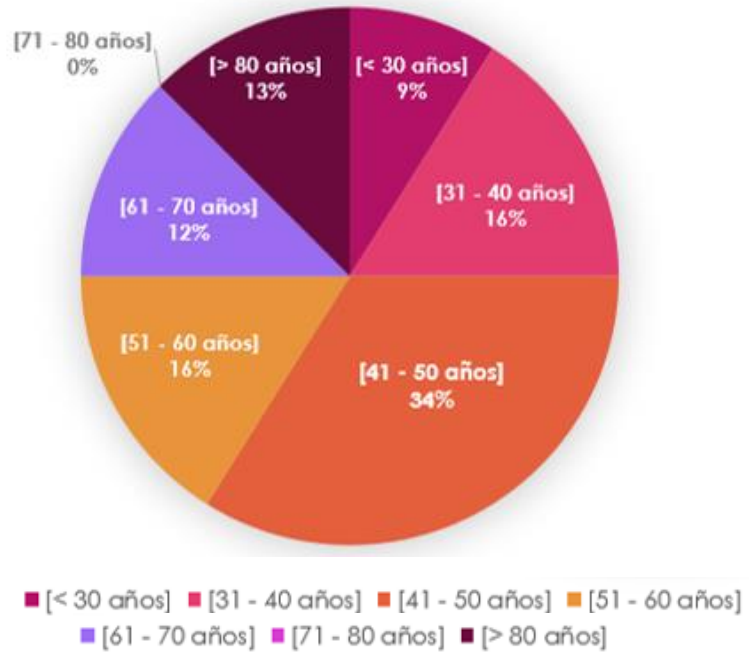
ENVIRONMENTS WITH IDENTITY
How to create cosy and intimate atmospheres with homemade tricks on a budget

IDEAS FOR CREATING A HOME
First-person experiences and practical examples

Final version. This document is the result of the work carried out within the Home-from-Home project, incorporating the contributions of all key actors. Como en Casa project, incorporating the contributions of all key actors.

4.3 'Home from Home' magazine (final version)

57 responses
7 different centres (58 % of the total)



<https://www.comoencasa.eus/es/home-home-journal>

Personal Objects

Activities, memory and identity

Personal objects play a fundamental role in reinforcing a person's identity, maintaining connections with their life story, respecting and promoting ties with family and friends, and, ultimately, helping to make them feel at home. It is recommended to work with people and their families in decorating the bedrooms and common areas of the cohabitation unit. On the other hand, the existence of shelves or shelves in the room can help the person «colonize» the space more easily.

Do you see the diversity and variety of personal objects in the person's room?

► Below, we give you some tips on the use of personal items in different spaces. Look at the room you are in or at the photograph, to see if the recommendations we share are met:

- 1 If there are fixed shelves or shelves in the room, it will be easier for people to use them and start filling them with their personal items.
Do we see personal objects decorating the room? Where are they located?
- 2 Sometimes we don't decorate spaces because we don't feel like we own them, because we think the stay will be too short or because we reject the idea of it being our new home.
Are activities and workshops carried out with the people who live in the center and their families so that they themselves can help with the decoration of the different spaces?



- 3 Crafts made from cardboard or papers glued to the wall or furniture can create an unhomey appearance and also deteriorate quickly.
Can we promote more homely, standardized, careful and lasting decoration?
- 4 Each person is a world, with a unique history and memory.
Can you easily tell whose room it is by its decor? Are the living units differentiated by styles according to the tastes and preferences of the people who live in them?

- 5 It is advisable to place personal objects that evoke pleasant and beautiful memories in a clearly visible place in our daily routine.
Where do we spend the most time? Where would you put your favorite object?

4. Results



Spatial Organisation

Spaces to promote independence and well-being

Circulation

Corridors and spaces that encourage safe walking and strolling

Contact with nature

It is important to see life

Lighting

Relation with natural activity and sleep cycles

Sensorial Comfort

Temperature, sound and smell

Use of color

The right stimulation for each space

Materials

Reinforcing the presence of natural textures

Furniture

Reflection of a lifestyle

Personal Objects

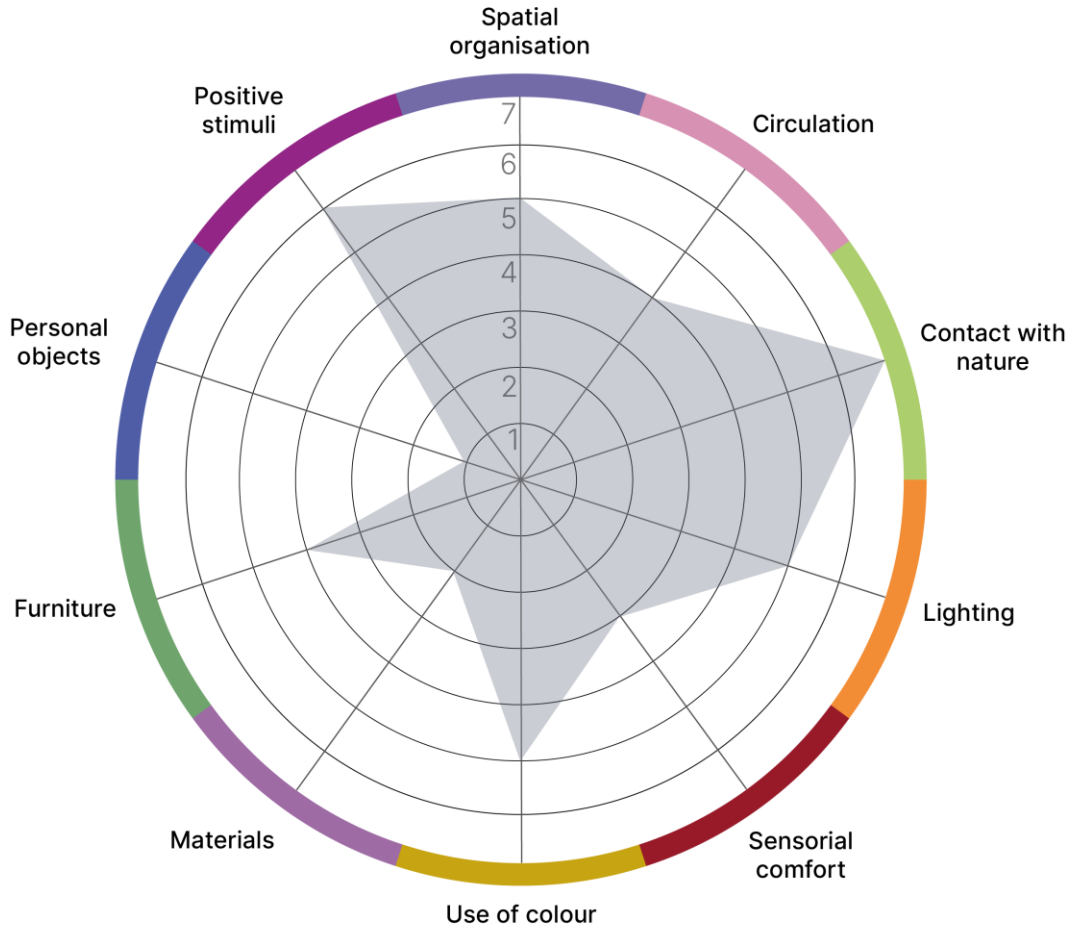
Activities, memory and identity

Positive stimuli

What makes us feel at home

Radical change

Before and after




Practical tips

It is recommended that the decorative elements are meaningful. In other words, they should be related to the personal history or lifestyle of the people who live in the space.

 It is important that the decoration relates to the people living in the centre.

It is recommended that the decoration relates to the personal history or lifestyle of the people living in the space.



 Regularly renew decorative objects

Spaces need to be personalised with objects that are meaningful to the people living in them at any given time. It is important to make a review every few years or change the decoration according to the seasons and local festivities.



 In addition to shelving, it is advisable to install display cabinets.

Display cabinets allow us to place objects of significance to the people who use the space safely and with less accumulation of dust.




 Consider the type of security needed for the elements in each space.


There are many alternatives to meet the security criteria according to the specific needs of individuals: bolts, locks, padlocks, mechanisms with security locks, etc. Consider the spaces that can be used as shelves without posing a risk to anyone, for example, window sills, radiator covers, headboards, shelves, etc.


Easy tip



 In this image we can see how the storage area in front of the television has been reduced and a low unit has been incorporated behind the sofa to create two different ambiances and prevent the back of the sofa from being exposed.



 We can create small seating areas with a couple of armchairs, a small table and additional decoration. It is important to place elements on the wall plane or on the floor to delimit the area and create a complete atmosphere.

 The creation of small areas in strategic places, such as at the entrance to the building or at the main door of a living unit, helps to create anchors or spatial references that make it easier to recognise the different spaces.

Note that different objects have been incorporated to create a complete corner: shelves or mirrors, decorative objects, and even a small rug that does not pose a risk to the passage of people.



5. Conclusions

- Deinstitutionalization process VS implementation of living units
- Resistance to change and need of resources
- Lack of flexibility in designing personalised spaces (options for furniture, colour palettes, etc.)
- Need of coordinated efforts in addressing physical space aspects and potential refurbishment interventions + coordination + organization
- Inspiring materials with key aspects and practical actions
- Confusion between decoration and handicrafts
- Basic training on spatial organization and interior design

5. Conclusions



You have to do things differently to get different results





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THANK YOU FOR YOUR ATTENTION

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