

COTA NSW
Council on the Ageing (NSW) Inc.

Alzheimer's Australia NSW
Living with dementia

Future proofing our environments to meet the needs of an ageing population

Population Ageing **COTA NSW**
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- NSW will be very different by 2030 compared to today.
- Ageing of the population will be both numerical and structural
- We will need to change the way we do things to ensure a vibrant and healthy community
- This will provide both challenges and opportunities

Physical impairment **COTA NSW**
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Diseases of the eye and adnexa

4% ■ Population over 55 yrs with one or more conditions
91% ■ Population over 55 without an eye condition

Diseases of the ear and mastoid

33% ■ Population over 55 yrs with one or more conditions
70% ■ Population over 55 without an ear condition

Arthritis

12% ■ Population over 55 yrs with one or more conditions
58% ■ Population over 55 without an eye condition

Other diseases of the musculoskeletal...

39% ■ Population over 55 yrs with one or more conditions
61% ■ Population over 55 without an eye condition

Environmental impact on human function over the lifespan **COTA NSW**
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Source: WHO, 2002

Enabler Ideogram **COTA NSW**
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Ed Steinfield et al. 1979

- Difficulty interpreting information
- Severe loss of sight
- Complete loss of sight
- Severe loss of hearing
- Prevalence of poor balance
- Incontinence
- Limitations of stamina
- Difficulty moving head
- Difficulty reaching with arms
- Difficulty in handling and fingering
- Loss of Upper extremity skills
- Difficulty bending, kneeling etc
- Reliance on walking aids
- Inability to use lower extremities
- Extreme of size and weight


www.cotansw.com.au

What is dementia? **Alzheimer's Australia NSW**
Living with dementia

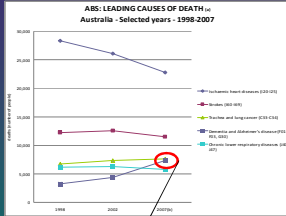
Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person's functioning. It is a broad term used to describe a loss of memory, intellect, rationality, social skills and what would be considered normal emotional reactions.

www.alzheimers.org.au National Dementia Helpline 1800 100 500

Dementia is a fatal disease




- In 2007, dementia was the fourth highest cause of death in Australia after heart disease, stroke and lung cancer (ABS data).
- By 2030 some experts predict it will be the number one cause of death in Australia and will stay in that position for most of the century.



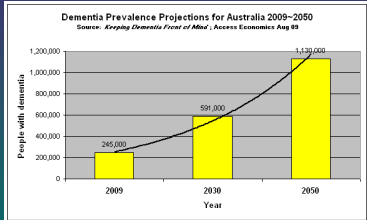
Dementia has now likely overtaken lung cancer as the 3rd leading cause of death in Australia

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Dramatic increase in dementia predicted




Dementia prevalence in Australia is projected to increase **four-fold** by 2050




Dementia Prevalence Projections for Australia 2009-2050
Source: *Keeping Dementia Far from Myself*, Access Economics Aug 09

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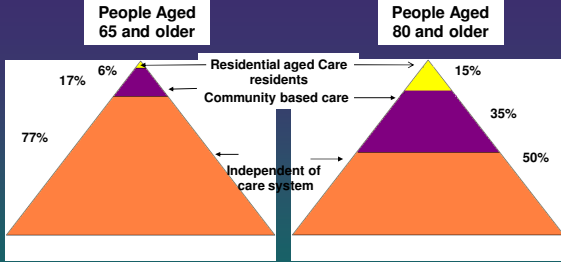
- 60% of people with dementia live in the community, either with a carer or alone
- Most PWD choose to remain living at home until such time as they need to enter residential aged care
- The proportion of people with dementia living alone is predicted to increase over the next 30 years

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Ageing in Place

Age care access 2005 (AIHW 2006)



People Aged 65 and older: 77% Independent of care system, 17% Community based care, 6% Residential aged Care residents


People Aged 80 and older: 50% Independent of care system, 35% Community based care, 15% Residential aged Care residents

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Age friendly design helps ensure social and economic inclusion of people of all abilities and ages.

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What would an age friendly/dementia friendly outdoor environment look like?

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I'DGO Project - UK



The Inclusive Design for Getting Outdoors (I'DGO) Consortium Project

Examined how the outside environment could be made dementia friendly

The study is the only one of its kind to identify design factors that can help people with dementia to successfully negotiate their local neighborhoods.

The findings enabled researchers to provide some preliminary guidance and criteria for designers or urban areas

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Findings



- PWD go outside alone, but limit their outdoor activities to local familiar areas
- Walking was the predominant form of transport for PWD
- PWD travelled short distances close to home, mainly walking

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Barriers



- Designers have limited knowledge about how to consider the needs of older people in the design of streets and neighborhoods
- Focus has been on internal residential care design
- Little research has been done on age-friendly/dementia-friendly outliving environments
- Ageing and cognitive disability is not considered in wider planning and healthy environments policy

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Dementia friendly design



- Seamless wide footpaths
- Pedestrian only walkways
- Accessible buses and transport options
- Multiple seating and resting points
- Good lighting
- Clear symbols
- Secure, accessible parking areas
- Safe pedestrian crossings
- Accessible toilets
- Walkways not escalators in malls

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How do we ensure we create outdoor environments that enable and include the ageing population and the growing numbers of older people with cognitive impairment and dementia?

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Design Challenge

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'The design challenge is more to do with enabling people to cope with, respond to and take up the opportunities of a changed society, than it is to do with increasing numbers, although the numbers make the case more compelling to business.

If designers and, importantly, the people who commission design exclude older people from their target market or user group then the choices older people have will be limited, and they will be effectively excluded from the mainstream of everyday life.'

Roger Coleman in 'Living Longer the new context for design.'

Age Friendly Features

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- Lighting, shelter & seating
- Level walking spaces, footpaths
- Drop off and pick up points
- Separate cycle ways
- Visibility of bus shelters
- Wide walkways & footpaths
- Accessible bus stops and train stations
- Use of playing fields as walking tracks
- Signage and landmarks (way finding)



WHAT OLDER PEOPLE TELL US

WHO Age Friendly Features

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1. Outdoor Spaces
2. Transport
3. Housing
4. Social Participation
5. Respect and Social Inclusion
6. Civic Participation and Employment
7. Communication and Information
8. Community and Health Services

www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf

Age Friendly Environment Features

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What kind of policy change is needed to ensure communities can adapt to meet the needs of the ageing population?

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Recommendations

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- Every design decision by State government should pass through a seniors/ageing impact statement and evaluation process with a specific dementia-friendly evaluation component
- Every Council should adopt an age-friendly LEP
- Fund Australian specific research into dementia-friendly outdoor design for Australian communities

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Recommendations

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- Consumer engagement and consultation should help determine best practice
- Recognize and reward best practice age friendly communities
- COTA Creating Age Friendly Environments and Who – Age Friendly Features

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Good age/dementia-friendly design can help promote social inclusion and a healthy lifestyle and help build sustainable living environments that everyone can enjoy.

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Thank you

Any questions?

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