



Designed for possibilities.
Made for people.



Designing for dementia and older people

A single supplier of total
project solutions

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Creating communities for all

Altro have worked in the healthcare sector for over 60 years and we understand the importance of environment, particularly in the growing area of dementia care and the care of older people. We are committed to helping develop the right surroundings for people with dementia and have worked with experts to do so. We can offer guidance and design choice, whether you are building, refurbishing or developing dementia-friendly communities, ensuring you select the flooring and wall cladding that will help maximise quality of life, and meet legal requirements. We are members of the Dementia Action Alliance and our guidance supports the design principles outlined in the Department of Health's Health Building Note 08-02, Dementia-friendly Health and Social Care Environments.

What is dementia?

The term describes a host of conditions associated with the gradual deterioration of the brain's functions. These can include problems with reasoning and communication, speed of thinking, comprehension, mental agility, memory loss and feelings of anxiety, depression or anger. Its causes are various brain diseases, the most well-known being Alzheimer's which accounts for 62% of those with dementia. Dementia is not simply part of the ageing process; it can be caused by changes to the brain structure and gradual damage to the brain cells.

Dementia and perception

The effects of dementia vary from person to person but there are common strands including disorientation, confusion, anxiety and memory loss.

Loss of visual perception beyond the normal process of ageing is a common symptom. Any combination of the effects below can make moving from one room to another harder, making a fall more likely.

The effects can be lessened, or heightened, by the choice of flooring and wall cladding.

- Less ability to discriminate textures
- Shiny surfaces appearing wet
- Patterned surfaces causing illusions
- Dark surfaces and shadows appearing to be holes
- Less ability to see depth and contrast
- Difficulty identifying and describing different objects
- Difficulty seeing in 3D – rooms appearing flat



Having safe, familiar surroundings that can be navigated easily reduces the impact of some dementia symptoms, helping to avoid stress and prevent slips or falls. Dementia friendly areas can help improve quality of life and the safety of residents and visitors. Focusing on simple design principles can maximise resident independence, reinforce personal identity and enhance confidence. A non-clinical, homely look can make a big difference to everyone.



Altro Whiterock Satins
Malva
LRV: 68



Altro Wood Adhesive-Free
Timeless Oak
LRV: 38

Australia's perspective

Alzheimer's Australia advocate for the needs of people living with all types of dementia, and for their families and carers, and provide support services, education and information. Alzheimer's Australia report that there are more than 353,800 Australians living with dementia. This number is expected to increase to 400,000 in less than five years.

By the 2060s, spending on dementia is set to outstrip that of any other health condition. It is projected to be \$83 billion (in 2006-07 dollars), and will represent around 11% of health and residential aged care sector spending.

Read more at: www.fightdementia.org.au

The impact of dementia on health and residential care

Without a medical breakthrough, the number of people with dementia is expected to be almost 900,000 by 2050. (www.fightdementia.org.au)

The figures show how vital it is for hospital and care homes to have dementia friendly surroundings, easing the effect of symptoms for those affected and helping to make their care easier for staff.

Slip resistance for life

Safety flooring is a must have in a care home or hospital environment, but it's not always easy to choose the most appropriate one. It should have a Pendulum Test Value (PTV) of ≥ 36 which offers a one in a million chance of slipping for the lifetime of the flooring. Durability is important too: Think about scuffing and other damage that can be caused by wheelchairs, walking sticks or other walking aids, and choose flooring that is up to the task.

For wet environments, consider Altro Aquarius™, our flooring that prevents slips in both bare feet and shoes, protecting residents at their most vulnerable and carers while working.

All our safety flooring maintains its slip resistance for its entire life cycle; not all safety flooring does this. Altro safety flooring also comes with a guarantee of between 10 and 20 years, and lifetime sustained slip resistance of up to 25 years. Our safety flooring also contains Altro Easyclean™ technology, making cleaning easier and more effective, helping the flooring perform as it should and retain its appearance. Developing a cleaning regime using the right equipment and detergent for the job will make this a simple process. We offer guidance plus downloadable cleaning guides on our website.

Designing for dementia and older people at a glance

- Use slip-resistant flooring
- Use matt, sparkle-free flooring
- Always choose flooring with a Pendulum Test Value (PTV) of ≥ 36 , which offers a one in a million chance of slipping for the lifetime of the flooring. All Altro safety flooring does this but this isn't the case for all safety flooring
- In wet environments, avoid overly textured flooring that could hurt sensitive bare feet
- Avoid steps, or the misperception of steps due to reflections or patterns, in general areas that those with dementia may negotiate alone
- Use flooring and wall solutions to create a calm, welcoming, homely appearance
- Use art to aid familiarity and help with way-finding as well as making people feel welcome, offering a pleasant and enjoyable stay
- Ensure the Light Reflectance Value (LRV) of walls, flooring, and any other critical surfaces, differs by at least 30 points
- Consider just a few colours in one area to avoid creating confusing surroundings
- Ensure the colours of walls, doors, floors and ceilings contrast to demark them. Unless trying to conceal an entrance, for example, to a service corridor or kitchen
- Consider a hygienic, impervious system such as Altro Aquarius and Altro Whiterock Satins for wet environments, or Altro Stronghold 30 and Altro Whiterock White or Altro Whiterock Satins for kitchens.

BEDROOM

Altro Wood Adhesive-Free
Champagne Oak
LRV 38

Can feature bedhead in
Altro Whiterock Satins
Citron
LRV 80

ENSUITE BATHROOM

Altro Aquarius
Vole
LRV 43

Altro Whiterock Satins
Linen
LRV 83

CORRIDOR

Altro Whiterock Digiclad
Help with way-finding
and familiarity

ACTIVITY AREA

Altro Cantata
Mocha
LRV 40

Altro Whiterock Splashbacks
Juicy Lucy
LRV 20





TREATMENT ROOM
Altro Whiterock Digiclad
to create non-clinical and
calming surroundings

**COMMUNITY ROOMS
AND LIVING AREAS**
Altro Wood Adhesive-Free
Champagne Oak
LRV 38
Altro Whiterock Digiclad
and Altro Whiterock Satins
to create pleasant, relaxing
surroundings

W.C.
Altro Pisces
Windbreak
LRV 38
Altro Whiterock Satins
Linen
LRV 83

ADMINISTRATION
Altro Wood Adhesive-Free
Timeless Oak
LRV 38
Altro Whiterock Satins
Malva
LRV 83
Altro Doorset
in same colour as wall to
discourage entrance

LAUNDRY
Altro Classic 25
Graphite
LRV 21
Altro Whiterock Satins
Clarity
LRV 64

**POOL AND
CHANGING ROOM**
Altro Aquarius
Vole
LRV 43
Altro Whiterock Satins
Linen
LRV 83

SERVICE CORRIDOR
Altro Classic 25
Legend
LRV 10
Altro Whiterock Satins
Clarity
LRV 64

KITCHEN
Altro Whiterock White
LRV 89
Altro Stronghold 30
Russet
LRV 14
Contrast with flooring in adjacent
areas to discourage entrance.
Altro Stronghold 30 offers our
highest rating for slip resistance
(PTV≥55), minimising risk in wet
and greasy conditions

DINING AREA
Altro Cantata
Mocha
LRV 40
Altro Whiterock Digiclad

OUTDOOR AREA
Flooring chosen to match
LRV in adjacent indoor area



It is essential to carry out an assessment to identify the key areas where those with dementia and their carers might be at risk. The floor plan on pages 4 and 5 offer some guidance on which Altro solutions are most appropriate in particular areas. The recommended shades are examples of combinations that work well but there are many more options. Please contact us directly to discuss your project in detail.

Creative and protective walling

Altro wall cladding protects walls from impact damage, provides a durable canvas for artwork and can greatly help with way-finding. Using different colours to theme different areas or to surround door frames can help patients to identify where they are. Using Altro Whiterock Digiclad™, which is created by reproducing a photographic image or vector art onto Altro Whiterock wall cladding, is a great way of creating familiar points and a welcoming, rather than clinical, feel. Using images to help way-finding and to create non-clinical environments is recommended within HBN 08-02.

If hygiene and wall protection is paramount, choose from the Altro Whiterock range.

With Altro Whiterock Digiclad you can create unique, stunning LRV: 8 artworks with exceptional durability. It features photographic images of your choice, protected by hard-coat technology which provides scratch-resistance. These images can be chosen to appeal to residents, from local landscapes to popular culture and can be both aesthetic and functional.

It can be used to cover entire walls, creating large, impactful areas, or in smaller areas to create interest and make the environment appear less clinical. It can also help with wayfinding for example, using food images in a dining room to help recollection and familiarity.

Altro Whiterock Digiclad is an ideal solution for creating appropriate surroundings for those with dementia, and older people.

To ensure you achieve the right LRV when designing with Altro Whiterock Digiclad, please speak with your Altro consultant who will be able to help.

Visit the 'dementia'
section of our website
for more information.

The role colour plays

Colour plays an important role when designing for older people or those with dementia. It affects both mood and wayfinding. Contrast sensitivity is a common visual issue; making clear, high-level contrast one of the most important factors.

What works?

As eyes age, it is harder to perceive saturation of colour so they appear less vivid. Red and yellow shades are easier to identify than blue and greens so these are ideal in the areas that will be used most. Strong colours have most impact as they are best remembered.

Colours may be incorporated into way-finding and orientation, triggering the memory and helping to create familiarity but it's important to remember that not everyone sees colour the same way, so this should be combined with other visual signs such as art or other landmarks where possible.

The importance of Light

Reflectance Values

Subtle differences between floors, walls, steps and doorways can cause enough uncertainty to result in a fall. While colour choice is important here, it is the amount of light reflected from surfaces that is the main factor in a person's ability to identify different surfaces. Light Reflectance Values (LRVs) are the best way to measure contrast. Every material has an LRV marked out of 100 points. To meet requirements, there should be at least a 30 point variance in LRVs between adjacent surfaces such as floors and walls. Since the Equality Act of 2010, this is a legal requirement.

Our flooring and wall cladding are available in many shades but, importantly, we offer a wide variety of LRVs which ensures there is choice whether choosing solutions to contrast with, or match, existing decor, or installing both new flooring and wall cladding. The LRV for each of our solutions is available on our website and on all our product sample cards.

To those with dementia, highly polished, shiny flooring can appear to be wet, causing uncertainty and confusion; instead flooring should be matt. We also recommend flooring that is sparkle-free and without a heavy pattern as these can cause distraction or look like something to pick up, which could result in a fall.

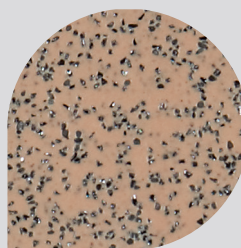
Flooring that supports confident, safe movement

Using flooring shades with similar LRVs can encourage movement from one room to another; conversely, placing very different LRVs and colours next to each can discourage movement in areas.

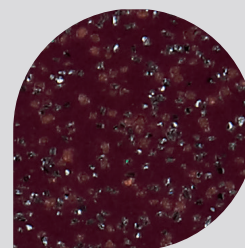
This is ideal for exits, kitchens and clean rooms.

For example, Altro Classic 25 /X25™ in Mushroom (LRV: 32) could be installed in a dining room, with Altro Stronghold™ 30 in Velvet (LRV: 8) could be used in an adjacent kitchen.

The difference in LRV is more than 30 points, and the shades contrast, making it clearer that it's a different room.

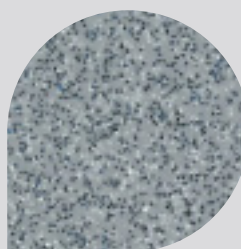


Altro Classic 25/X25
Mushroom
LRV: 32

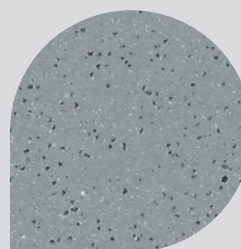


Altro Stronghold 30
Velvet
LRV: 8

To encourage people to walk from one room to another without hesitation, using the same shade of flooring works well. We offer a number of shades that are available in different products, ensuring the most appropriate slip resistance for each room; for example, to move from a ward into bathrooms and ensembles, Altro Suprema™ Wolf combines with Altro Aquarius™ Walrus.



Altro XpressLay
Fog
LRV: 27



Altro Aquarius
Walrus
LRV: 29



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