



POLYFLOR™
COVERING THE WORLD



Specification of Dementia-Friendly Flooring

Specialist Care

Learning Objectives

- Understanding of:
 - What is dementia
 - Types & symptoms of dementia
 - Design to support living well with dementia
 - HBN Guidance
 - Design Principles for Dementia-Friendly flooring
- Increased confidence in specification for dementia-led facilities



Background to Polyflor

- Founded in 1915
- Manchester textile manufacturer
- 1950s - pioneered homogeneous vinyl floor coverings
- 1983 – first safety flooring launched containing aggregate particles
- Manufacturing for 100 + years - a major manufacturer and employer in Manchester
- Extensive experience in care sector, supplying flooring to new build and refurbishment



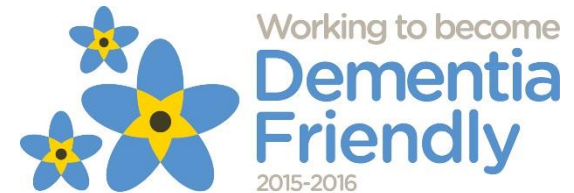
Background to Polyflor

- Quality driven company
- Strong commercial focus
- Excellent customer support
- Socially responsible, committed to sustainability



Company commitment to Dementia Care sector

- Work with University of Salford & Salford Institute for Dementia
- Partner of International Dementia Design Network
- Member of local Dementia Action Alliances
- Polyflor staff undertaken Dementia Friends information sessions
- Member of SBID Healthcare Design Advisory Council



What is Dementia?

- Umbrella term describing symptoms of brain diseases
- Irreversible death of brain cells
- Not a normal part of ageing, terminal illness
- Affects memory, language, understanding, thinking, daily activities
- Over 100 types of dementia: Alzheimer's, vascular, lewy body, frontotemporal



What is Dementia?



- People with dementia may have other health conditions as normal part of ageing e.g. sight loss, heart disease
- 1 in 3 people with dementia also have significant sight loss
- Someone with dementia & sight loss – reduced visual functioning/perception
- Issues with depth and colour perception, glare sensitivity
- Inclusive design for whole person required rather than just dementia symptoms

Dementia Statistics

- People living with dementia worldwide 47.5 million, expected to be 75.6 million in 2030 (WHO, 2015)
- UK – 850,000 diagnosed with the condition, many more undiagnosed (Alzheimer's Society, 2015)
- 1 in 14 people over 65 in UK will have dementia, although 40,000 under 65 have early onset dementia (Alzheimer's Society, 2014)
- Estimated 1 in 3 of us will have family or friends with the condition

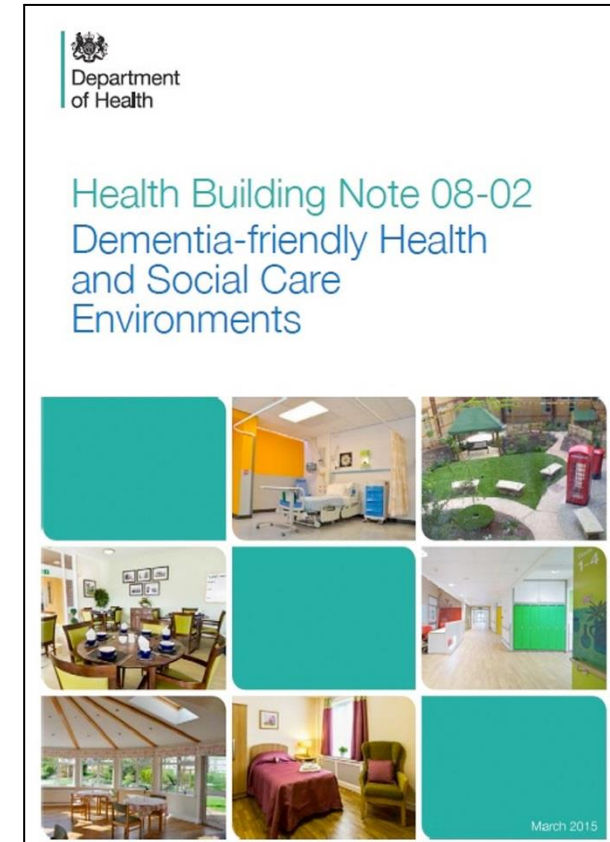
Design to support living well with Dementia

- Growth in dementia rates – ageing population, people living longer
- Flooring manufacturers need to be transparent on suitable dementia-friendly flooring options
- Designs within hospitals, residential care & housing need to be future proofed
- Designs to promote homely feel and reduce anxiety & stress levels in patients
- Some UK hospitals undertaking dementia audits looking at interior surfaces
- Not just flooring – lighting, signage, acoustics, wayfinding



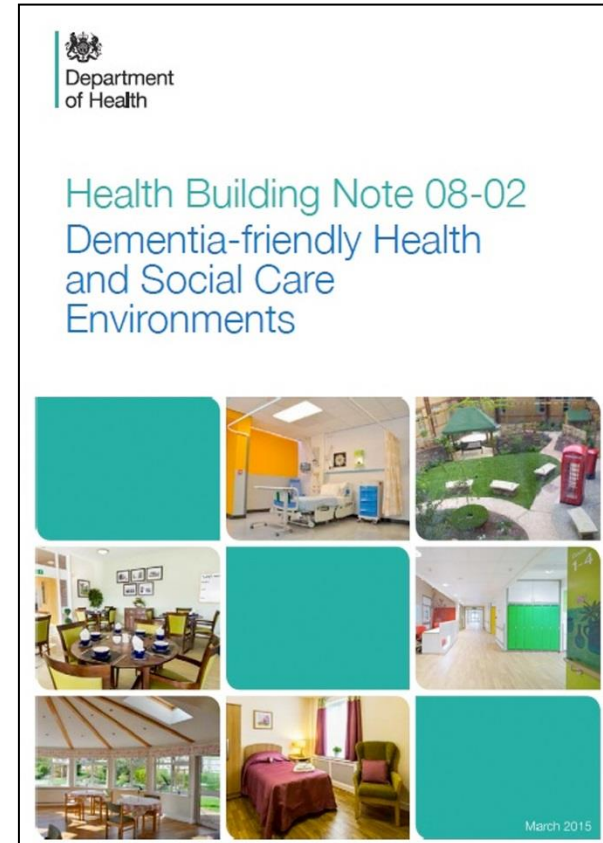
Health Building Note 08-02

- Health Building Note for Health & Social Care Environments
- Detailed information on dementia types, stages & prevalence
- Covers core design features such as lighting, acoustics, colour, furniture & fittings, signage and flooring
- 12 overarching design principles presented for dementia-friendly environments



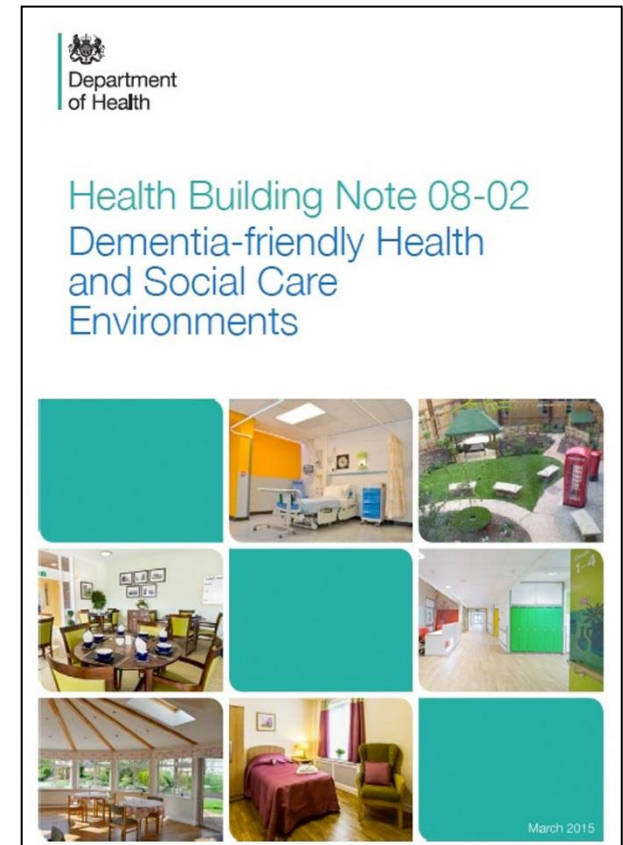
HBN 08-02: Design Principles for a Dementia-Friendly Environment

- 1) Provide a safe environment (the overarching principle)
- 2) Provide optimum levels of stimulation
- 3) Provide optimum lighting & contrast
- 4) Provide a non-institutional scale and environment
- 5) Support orientation
- 6) Support way-finding and navigation



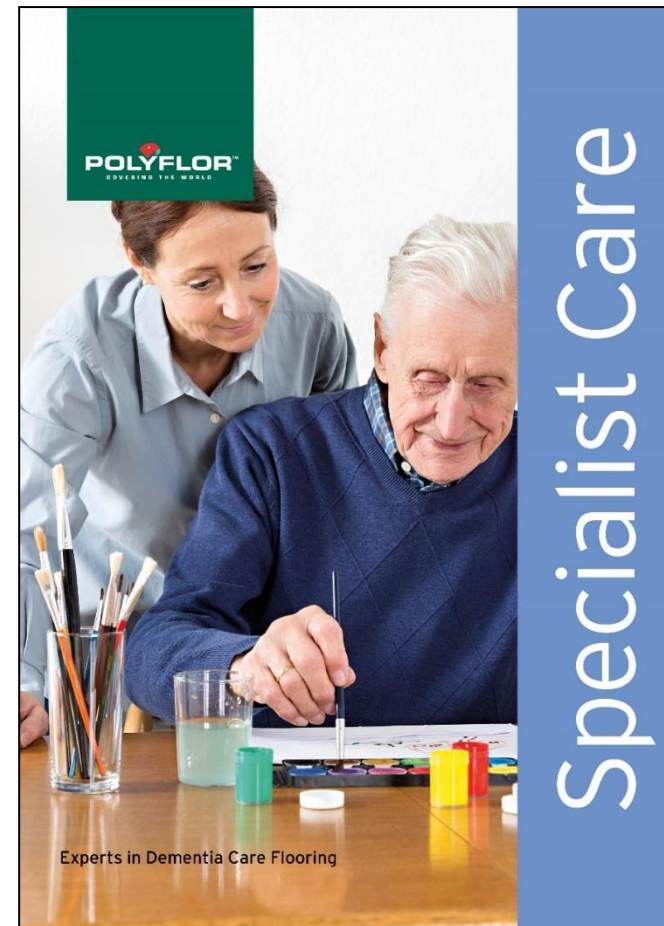
HBN 08-02: Design Principles for a Dementia-Friendly Environment

- 7) Provide access to nature and the outdoors
- 8) Promote engagement with friends, relatives and staff
- 9) Provide good visibility and visual access
- 10) Promote privacy, dignity and independence
- 11) Promote physical and meaningful activities
- 12) Support diet, nutrition and hydration



Design Principles for Dementia-Friendly Flooring

- Worked with University of Salford to develop new flooring principles
- Developed to assist specification of suitable flooring for dementia spaces
- Principles refer back to Department of Health Guidance & their overarching design principles for dementia-friendly environments
- Principles discussed & agreed with Dementia Associates



1. Develop one continuous flooring surface

- Seen & experienced as one continuous surface
- Flooring with small tonal contrast & similar LRV in adjacent areas
- Large contrast could be seen as a step & cause confusion or agitation
- Barrier matting/threshold strips – blend tonally with adjacent flooring



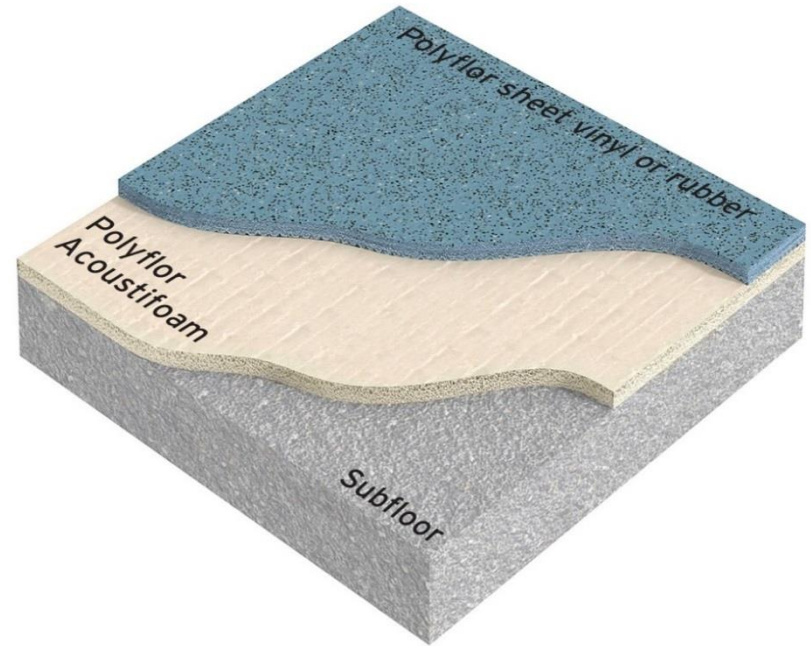
2. Careful use of tonal contrast

- Large tonal contrast required between staff only & resident areas to provide visual barrier
- Flooring should tonally contrast against walls, skirting, furniture & sanitaryware (30 points) to aid wayfinding



3. Reduce impact sound

- Strike balance between room being too noisy & too sound absorbent so space is monotonous
- Choosing acoustic flooring can help soften hard & noisy environments
- Reduce impact sound transfer between rooms on different levels (17dB + requirement for Building Reg)
- Create peaceful environment



4. Accentuate colours to give depth

- Use strong hues/colours to give more depth to a room
- Helps perception of shape & size of room, aids wayfinding
- Rooms appear two dimensional if colours are subdued
- Avoid very dark colours – holes to fall into, emotions of imprisonment



4. Examples

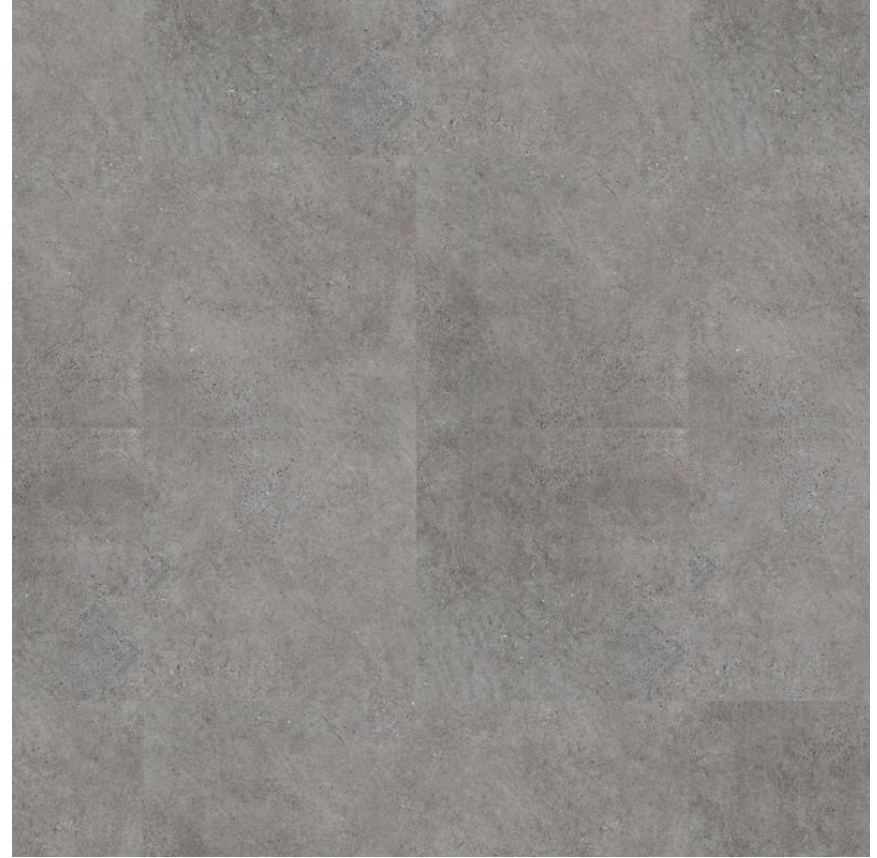
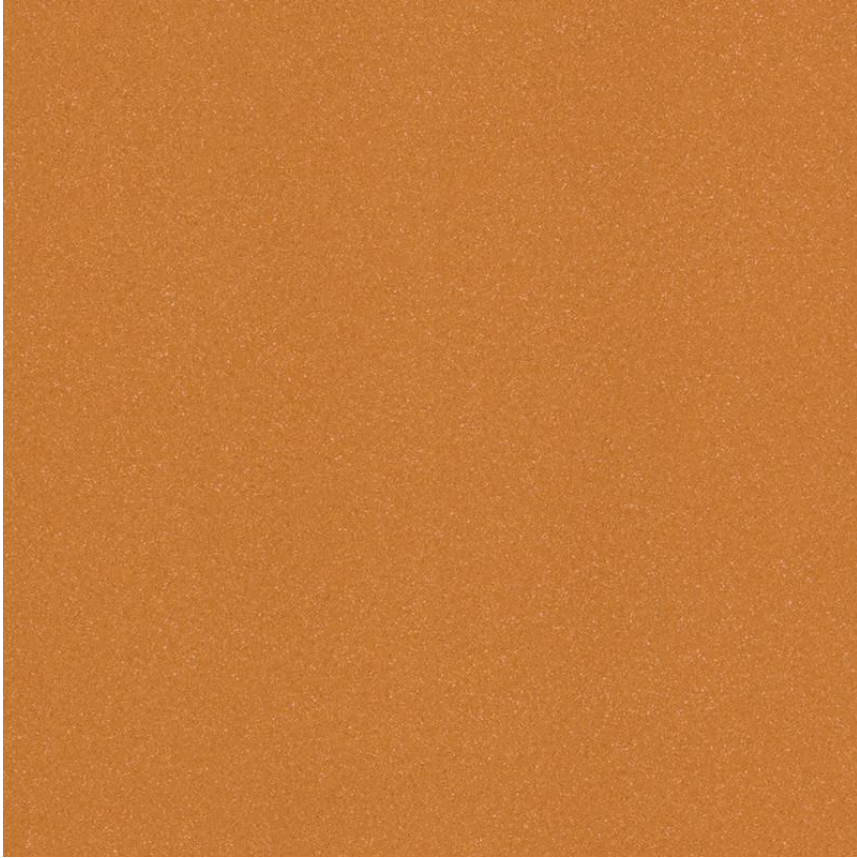


5. Avoid sensory overload & false steps

- Use products without busy designs, colours & patterns
- Avoid inlaid logos and borders
- Avoid highly contrasting grout lines in flooring
- Busy designs can contribute to sensory overload
- Perceive a false hole or step or see pattern as something it is not



5. Examples



6. Reduce sparkle

- Use flooring without sparkle like pearlescent
- Can be perceived as being a wet surface
- This would cause anxiety and change in walking style that may increase risk of slipping
- People with dementia may stop completely



6. Examples



7. Promote the use of a matt floor finish

- Use flooring with a matt appearance rather than glossy
- Glossy flooring gives problems of glare or pools of reflected light from overhead lighting is magnified
- Glossy surfaces may be perceived as slippery or wet – lead to confusion & anxiety



8. Blend flecks with the tone of main floor surface

- Avoid floors with secondary flecks/speckles highly contrasting to base colour
- Flecks may be interpreted as pieces on floor surface that need to be picked up & thrown away
- Increased agitation levels
- Solid looking colour or flooring with subtle tonal secondary flecks preferred



8. Examples



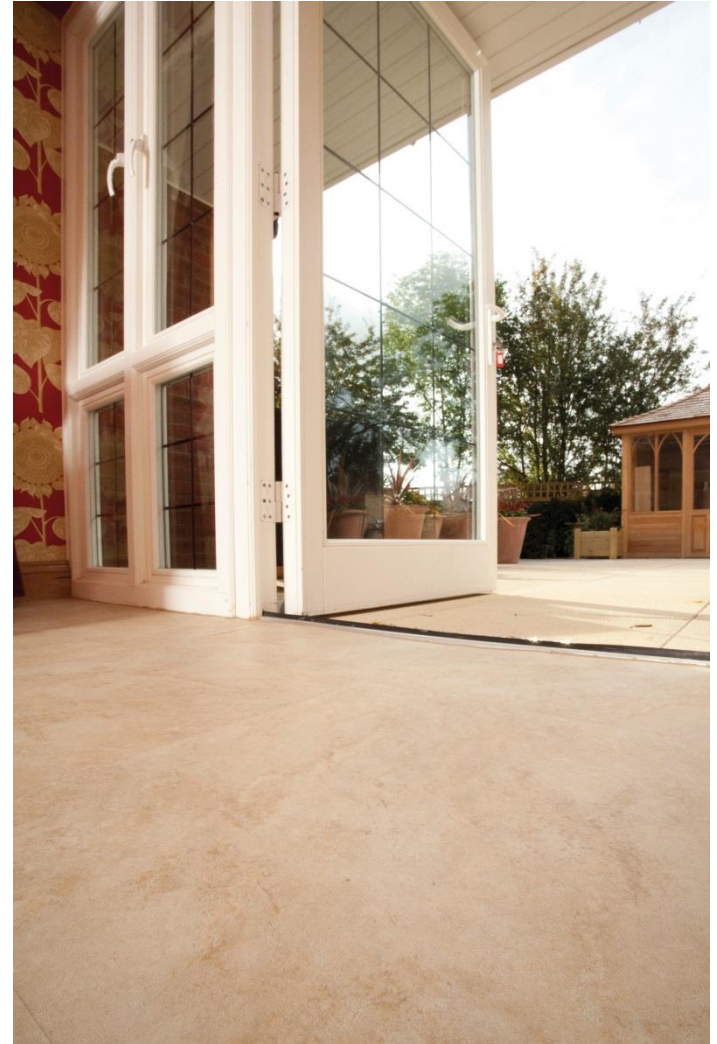
9. Avoid unpleasant smells and odours

- Consideration to smells that build-up through food/liquid spills and incontinence
- People with dementia have strong emotional reaction to smells & odours leading to stress & confusion
- Choosing right flooring product along with appropriate & regular cleaning regime important
- Products with built-in maintenance enhancements are preferable



10. Provide good transition between differing floor finishes

- Sudden changes of material type, low to high friction or soft to hard may cause confusion and present a fall hazard
- Transition should be smooth as possible - avoid any pronounced changes in surface finish
- Raised embossed flooring limited to areas where safety flooring required e.g. wet rooms & barefoot areas



Examples of Dementia-Friendly Environments



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Examples of Dementia-Friendly Environments



Case Study: Positive Impact on Patients & Staff

- Croydon University Hospital
- Refurb to create a dementia community hub
- Safe wander loops & integrated seating
- Wood effect flooring chosen to contrast with furniture & wall surfaces (LRV)
- Replaced shiny vinyl with dark patches unsuitable for dementia patients
- Low lighting replaced to aid visually impaired & provide clarity
- Transition strips replaced with full sheet install over thresholds



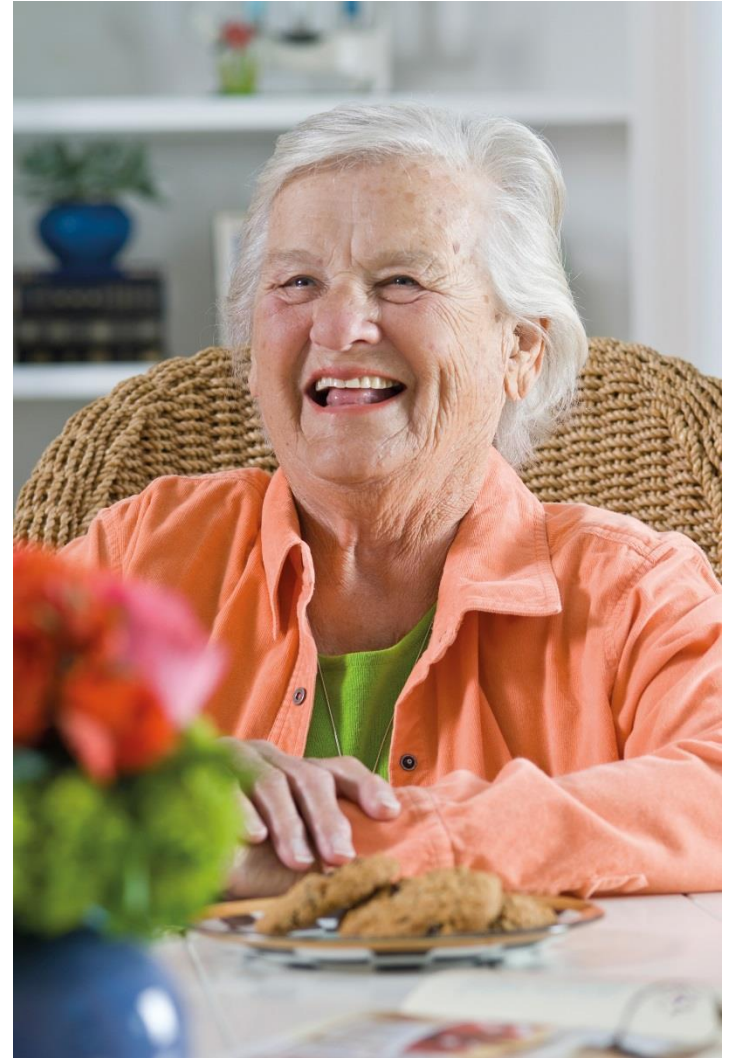
“Some of our patients were immediately less anxious about this replacement floor, contributing to a more peaceful space that offers comfort and a familiarity of home”

Jeff Moore, Croydon University Hospital



Summary

- Dementia is a terminal illness, progressive death of brain cells
- Many types of dementia with a variety of symptoms – not one symptom fits all
- Growth in dementia rates – ageing population – dementia-friendly designs needed now to future proof
- Those with dementia have other health conditions such as sight loss
- Inclusive design for whole person required



Summary

- Flooring manufacturers need to give view on dementia-friendly ranges to help client make final choice
- Dementia-friendly flooring designs should promote homely feel & help reduce stress/anxiety
- HBN 08-02 - produced by Department of Health with guidance principles
- 10 flooring design principles link back to HBN 08-02
- Flooring is just part of the solution working in tandem with other design elements



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Questions?

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