

## Innovative Practice

<b>Title</b>	Charnley Fold Enhanced Day Care – Design and use of the outdoor areas
<b>Aims</b>	<p>The outdoor areas are designed with these aims:</p> <ul style="list-style-type: none"> <li>• To facilitate rehabilitation, therapeutic interventions and opportunities for people with dementia through connection to nature;</li> <li>• To enable service users to regain and maintain skills and abilities;</li> <li>• To improve their happiness and wellbeing with an interesting, uplifting and diverse year-round outdoor experience;</li> <li>• To provide a freely accessible and engaging environment for service users with varying degrees of dementia;</li> <li>• To maximise staff's ability to provide an enhanced service;</li> <li>• To provide evidence of good practice that inspires staff, management and family carers in order to evolve current thinking and to raise aspirations for future service developments;</li> <li>• To educate design professionals and care staff about the vital role of outdoor environments in improving quality of life</li> <li>• To provide evidence-based design criteria for others to follow</li> </ul>
<b>Local Context for Initiative</b>	<p>'Seven Meaningful Places' is the framework for the design which draws upon the concept of archetypes (normal, familiar, commonly recognisable outdoor places) which are inspired by local domestic gardens and the uses of such places by local people. Examples include the Pocket Park, The Back Garden, The Yard, The Countryside and The Stroll. This is a groundbreaking outdoor therapeutic environment linked into and inspiring a wide programme of groups and activities for the day centre users. Importantly, the design is 'place-based' and not just activity driven. That various spaces within the gardens may be recognised as meaningful by older people helps trigger memories and prompt appropriate behaviour and involvement based on how they may have used such spaces in the past. (see <i>CF Design</i> attached)</p>
<b>Achievements/ Benefits</b>  <b>To Include:</b> <ul style="list-style-type: none"> <li>- Quality Improvements</li> <li>- Innovation</li> <li>- Productivity (cost efficiencies)</li> <li>- Prevention</li> <li>- User/Carer Involvement</li> </ul>	<ul style="list-style-type: none"> <li>• This model of enhanced day care is innovative in its use of nature as a therapeutic tool and a powerful resource to facilitate the rehabilitative process.</li> <li>• This exemplar service environment provides the landscape and architectural design professions with design criteria and inspiration to create evolved state of the art healthcare environments.</li> <li>• The design of the physical environment maximises a person's participation with others and the natural world, resulting in outcomes such as confidence, enthusiasm, motivation, re-skilling, mobility and communication.</li> <li>• The environment stimulates people to become creatively engaged and to pursue personal interests</li> <li>• People's liberty and personal freedom is upheld by providing direct, easy and safe access to outdoors</li> <li>• Use of the space stimulates feedback from service users and carers, prompting their interest and involvement in ongoing garden projects (such as the recent polytunnel project).</li> <li>• The gardens offer outdoor activities for service users year round.</li> </ul>

	<ul style="list-style-type: none"> <li>• Charnley Fold enjoys a reputation throughout central Lancs for its unique high quality service, due in part to the existence and use of the outdoor environment</li> <li>• It nurtures a stable productive work force due to high degrees of job satisfaction with low sickness, absence and staff turnover.</li> <li>• This popular service enjoys a high attendance rate and has been able to gradually expand its days of service and the ages of those who attend.</li> <li>• Service users experience improvements in behaviour as a result of attending, based on feedback from family carers, whose quality of life also improves.</li> <li>• Quite possibly service users are able to delay admission to residential care as a result of attending (research is needed to explore this). As use of the outdoors is an integral part of a service user's day, connection to nature may also play a role.</li> </ul>
<p><b>Challenges</b></p> <p>- How these were addressed</p>	<ul style="list-style-type: none"> <li>• Over-coming the concern that some felt over Health &amp; Safety issues (professional staff / building regulations) much of the initial discussion was around whether design should be mindful of anti-ligature points, architects made various recommendations that they felt may be legal requirements but which were advisory – overcome by significant discussion, maintaining a vision for a working space.</li> <li>• Building development seeing outdoor spaces as areas where cost efficiency can be made or it should be done cheaply – clarifying that the outdoor space was as crucial to the development as the indoor space.</li> </ul>
<p><b>Resources/ Capability/ Capacity</b></p> <p>- What does it take to make this happen?</p>	<ul style="list-style-type: none"> <li>• A useful amount of outdoor space with a combination of shady and sunny spots as dictated by the building.</li> <li>• Ample doors that service users can freely access and use in the near space, and security at the perimeter of the site.</li> <li>• Lack on impedence by building contractors who know very little.</li> <li>• Employing a landscape architect or garden designer with specific dementia design knowledge and experience from the start of the building process (pre-planning), not as an add on after the building is going up.</li> <li>• A reasonable budget for structures/hardscape and softscape in the garden areas.</li> <li>• Enlightened thinking towards enabling and encouraging people into active engagement, rather than draconian obedience to a health &amp; safety, risk averse drive to pacify, constrain and control.</li> <li>• Training for staff on how to make best use of the garden/outdoor areas. Continued input/training as the project matures and new staff or management comes on board.</li> </ul>
<p><b>Transferable Learning</b></p>	<ul style="list-style-type: none"> <li>• Design the gardens and the new-build or renovation at the same time to maximise the integration of indoors and outdoors, thereby encouraging outdoor usage that justifies the expense of developing the resource.</li> <li>• Ongoing training is essential to upgrade staff skills and perception of how the spaces can be used to enhance the service and the quality of experience for service users, as well as to gain deeper knowledge about what is beneficial and therapeutic for people with dementia. By having gardens that act as 'living labs' the team is constantly learning about what works and why, which can be transferred to other places and practices.</li> </ul>

<b>Validation / Evaluation</b>	<p>Interest among the academic and scientific communities is evidenced for instance by an upcoming peer-reviewed article to be published in a special issue of <i>Social Care and Neurodisability</i> Journal (article attached).</p> <p>Furthermore, in a recent piece of research for Age Concern during which families of service users were interviewed, feedback about the service was overwhelming positive. Comments included these:</p> <p><i>"I can't speak highly enough. When she goes into respite she deteriorates. She loves it here, it's like taking a child to nursery school the first time, you're worried about them, and now I sort of bring her in and she doesn't say good bye she just walks in..." "That's what me mum does", says Lynn. "...and that's a sign they're comfortable in their surroundings."</i></p> <p><i>"This is a big help, Charnley Fold, I have huge faith in this place. I think it is extremely good the way it has been prepared and run... they should have these all over the country, two or three in each town. They are absolutely superb places, give them...feather in the cap of the people who run this!"</i></p> <p><i>"I always seem to be on the run. When I'm going somewhere I say 'I gotta get back, I gotta get back'. So this Tuesday and Thursday is a really good bonus. I feel a lot more relaxed since he's been going there. Because I can do things."</i></p>
<b>Sustainability / Next Steps</b>	<ul style="list-style-type: none"> <li>• Staff and service users are growing and selling plants to help fund further activities. The chickens also provide eggs for sale.</li> <li>• New projects, including a polytunnel, continue to extend the service and make it purpose built for existing and future service users.</li> <li>• Ensure there is evaluation to collect ongoing evidence as to the value of the service in order to support and justify ongoing funding and commissioning.</li> </ul>
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<b>Dementia Strategy Objectives</b>	<p>High quality care and support for people with dementia and their families</p>