

BENBOW DEMENTIA HOUSEHOLD DESIGN

CHECKLISTS

2018

(BDHDC)

CHECKLIST DESIGN FEATURES:

(can be used separately or combined)

SMALL HOUSE AND WAYFINDING;

ACCESSIBILITY;

INTERIOR DESIGN;

LIGHTING AND NOISE;

OUTDOOR.

DEMENTIA HOUSEHOLD

BENBOW SMALL HOUSE AND WAYFINDING CHECKLIST (BSHWC)

Benbow Oct 2018

FACILITY:

UNIT:

DATE:

RATER:

CONTACT PHONE:

EMAIL:

	Design Feature	Minimal	Average	Superior	Score	Note
		A	B	C		
Intervention	Score each item as 0, 2, 5 or 8	2	5	8		Support documentation for scoring is available from billbenbow@shaw.ca
Small House Building Structure	1. Small Scale	19 - 24 residents	14 - 18 residents	6 - 13 residents		If number of residents is 19 - 24, House should be subdivided into wings
	2. Corridor length	35m (115 ft)	30 m (100 ft)	25 m (82 ft)		Short distance bedroom to amenities
(Max 64 pts)	3. Direct visual access	50%	75%	100%		Ability to see amenities from bedroom and bedroom from core amenities
	4. Floorplan Layout	H shape	L, V, Y, or T shape	open plan or one corridor		Limited changes in direction
	5. Reference points (architectural)	1 built in reference	2 built in references	3 built in references		Built in landmarks at decision points (spatial anchor points)
	6. Minimal repetitive elements	distinct amenities	& distinct wing entrances	plus distinct res. Doors		Built in distinctiveness: e.g. res. doors, amenities, wing entrances
	7. Rooms with legible meaning	distinctive amenity furnishings	distinct amenity rooms/spaces	distinct amenity entrances		Function and meaning self-evident
	8. Spatial proximity of amenities	core with satellites	amenities all at one end	intermediate element		Co-located core amenities: dining, lounge, activity
Interior Elements:	Score each item as 0, 1, 2 or 3	1	2	3		
Signing and Cueing	1. Residents Name and Photo	name by res. Room	name & photo by res. Room	name, young photo on door		To identify resident's bedroom door
(Max 36 pts)	2. Pictogram	one room	two rooms	three rooms		To identify toilet, etc.
	3. Lettering: enlarged, contrasting	3/4 inch lettering	1 and 1/2 inch & contrast	contrast sign/wall		Minimal 3/4 inch height
	4. Low placement of signs and cues	eye level	<1220 mm (4 feet)	<610 mm or on floor		Below 48 inches
	5. Landmarks (added to structure)	all major intersections	& entrances to major rooms/areas	1 for every room		Design elements at decision points: one landmark for every room distinctive form, function and meaning
	6. Colour contrast (30%)	on signs	walls/floors doors/frames	furniture & fixtures		Avoid similar hues, pale tones, avoid blue/green combinations
	7. Personal memorabilia	memory box	items from youth	items in res. Room		In memory boxes, resident room
	8. Lighting - glare and lux	320-550 lux ambient	550-1000 lux ambient	550 - 1100 lux task		sufficient lux for ambient and task light
	9. Minimal Information clutter	simple signs	minimal posted info	restrict to key junctions		avoid over stimulation
	10. Reduced floor patterns and lines	small patterns low contrast	no lines or patterns	no contrast in adjacent		prevents access to desired routes
	11. Visibly accessible toilet	res. Ensuite door removed or left open	amenity wc door left open and light on	& high contrast toilet seat		leave door open, colour contrast
	12. Multiple cueing	on resident room entrance	& amenities	& circulation		Combine cues
Total Score						

DEMENTIA HOUSEHOLD BENBOW ACCESSIBILITY CHECKLIST (BAC)

Benbow Oct 2018

FACILITY: _____ **UNIT:** _____ **DATE:** _____
RATER: _____ **CONTACT PHONE:** _____ **EMAIL:** _____

Intervention	Design Feature	Minimal	Average	Superior	Score	Notes
Accessibility (Max. 100 pts.)	Assign rate of 1, 3, 5, or 0 for each item	A 1	B 3	C 5		Support documentation for scoring is available from billbenbow@shaw.ca
Front Entrance	1. Walkway to main entrance	continuous plane, <6mm flush joints	1524 mm wide Permanent, firm, slip-resistant	≤ 1 in 20 gradient curbs if ≥75mm drop		Continuous level surface. 1525 mm wide, ≤ 1 in 20 gradient
	2. Facility Entrance power operated	Power operated by Push plate	auto opening by sensor	sliding with 4 - 6 second delay		Prefer sliding doors with adjustable opening/closing delay.
	3. Facility Entrance door clearance	Door ≥ 914mm (36")	Clear area L = 1100mm + door W = door + latch allowance	Clear area 1524 x 1524 mm plus door swing		Clear rectangular area before door: 1100mm + door swing in length by width of door + latch allowance; 600 mm away, 300 mm towards.
Outside grade access	4. Grade access from House Units	all levels have access to patio, decks or sun rooms	all Houses have direct access to patio, decks or sun rooms	outside access doors are auto sensor or pad		All levels have outdoor access: Sunrooms/decks for House units on floors without grade access.
Floor levels	5. Contiguous floor levels	thresholds ≤ 13mm (1/2")	joints ≤ 6mm (1/4")	joints ≤ 2mm (1/25")		Thresholds ≤ 1/2" and bevelled ≤ 45 degrees; joints ≤ 1/4"
Turning Circle	6. Wheel chair turning Circle: resident room, ensuites, amenities	1524mm (5')	1676mm (5'6")	1830mm (6')		1676mm needed for turning with opposing rotation of wheels.
Corridors	7. Corridor width	1830mm (6')	1830mm with alcoves	2400mm (8')		1830 mm + door insets, laybys or alcoves for parking carts, lifts.
	8. Corridor length	≤ 35m (115')	≤ 30m (100')	≤ 25m (82')		Bedroom to dining room - 15.3m (50') is a good median distance.
Resident Room	9. Resident room useable space: excluding ensuite & vestibule	15.5 sq.m. (167 sq.f)	17 sq.m. (183 sq.f)	18 sq.m. (193 sq.f)		Ensuite 4.5 to 7 sq. m. Vestibule: 2 to 3 sq. m.
	10. Resident Room Minimum Dimensions: <u>Panhandle design</u> Paired Ensuite design:	4000mm (13'1") x 6550mm (21'6") or 3455 (11'4") x 4548 mm (14'11")	4420mm (14'6") x 6858mm (22'6") or 3799mm (12'6") x 4844mm (15'11")	4420mm (14'6") x 7315mm (24') or 4064mm (13'4") x 5335mm (17'6")		Panhandle design: (A) is from CRD (wabenbow.com). (B) is from (CLC, 2011, p.4-13) (C) is from (CLC, 2011, p.4-19). Paired Ensuite: (A) is from NB, 2010, p.27. (B) is from Jensen (Ayre Manor) (C) is from NB, 2010, p.29.
Resident Ensuite	11. Resident room ensuite area	≥ 5.3 sq.m. (57 sq.f)	≥ 6 sq.m. (65 sq.f)	≥ 7 sq.m. (75 sq.f)		With shower : 5.3 - 7 sq.m. If no shower 4.5 - 6.5 sq.m.
Doors	12. Resident room Door openings: Ensuite	≥ 914 mm (36") ≥ 914 mm (36")	clearance 600mm latch side; 300 mm outside	1500mm clear and level space in front of door		Res.ent.-914mm; ensuite-914 mm latch jam side clearance: inside 600mm; outside 300mm
Ensuite	13. Ensuite Toilet:	Height: 400 mm (16") - 460 mm (18")	Access: Front+ one side 600mm x 1500mm	Access: Front + two sides		Height: 400 - 460mm Side clearance for toilet access should be 600 - 800 mm x 1500mm.
	14. Ensuite Fixtures:	Clearance: Under sink 735 mm (29")	ensuite shower	tilting mirror locked drawer nurses cupboard		Under sink clearance: 735mm; Consider ensuite shower; and nurses cupboard.
Bathing Suite	15. Assisted Bathing Suite:	20 sq. m. (215 sq.f)	22 sq. m. (237 sq.f)	24 sq. m. (258 sq.f)		20 - 24 sq.m including wc; Provide tub access on three sides.
Door handles	16. Resident Room Door handles	Push plate or Door pull	Lever	No closure or minimal pressure		Push, pull or lever; Closure between 22 - 38 N forces.
Ceiling Lift	17. Resident Room ceiling lift system	one track over bed	room coverage	into ensuite		Full room coverage preferable.
Amenities	18. In-House Amenity area: dining +lounge +activity	≥ 6sq.m. (65 sq.f)	> 7 sq.m. (75 sq.f.)	≥ 8 sq.m. (86 sq.f)		6 - 8 sq.m; Can share activity
Controls	19. Resident Area Controls: height from finished floor	≤ 1200mm (47")	clear floor area 1220 mm square	Motion sensor		Height ≤ 1200 mm; Consider ensuite Motion sensor.
Windows	20. Resident Area Windows: viewing height	Visibility from sitting ≤ 630 mm from floor	visibility from sitting and bed	≥ 457mm (18") away from corners		≤ 630 mm; natural light and vistas
TOTAL SCORE						

DEMENTIA HOUSEHOLD BENBOW INTERIOR DESIGN CHECKLIST (BIDC)

Benbow Oct 2018

Intervention	Design Feature	Minimal	Average	Superior	Score	Notes
		A	B	C		Support documentation for scoring is available from billbenbow@shaw.ca
Assign rate of 1, 3, 5 or 0 for each item		1	3	5		
LIGHT FIXTURES	1 Ambient Lighting provided	320 lux	550 lux	1000 lux		lounge, bedroom bathroom
	2 Task Lighting provided	550 lux	750 lux	1100 lux		reading, activity, dining
	3 Glare	shielded bulbs	indirect, plus flooring 30 - 40 LRV	plus outdoor surfaces 30 - 40 LRV		shielded bulbs, indirect lighting, matt surfaces, window shades, medium LRV on flooring
	4 Colour rating of fixture	CRI \geq 70 common areas	plus \geq 70 res.room	plus \geq 3000K common areas		CRI >70; close to daylight - 3000 Kelvin
	5. Controls	switches < 1200 mm (47 inches)	plus double-switching fixtures in bedrooms	plus dimmable fixtures in corridors		accessible controls, dimmers for built in flexibility
	6. Flexibility	variety of fixtures including floor and table lamps	overhead and task lighting bedrooms, common areas	motion sensors especially for ensuite use		variety of light fixtures including overhead, wall sconces, table and floor lamps; motion sensors
COLOURS	7. Focus on Contrast	use strong warm colours: yellow -red end of spectrum	light against black, dark against white, light yellow against dark blue	peach, coral, apricot tones add warmth		Colour Contrast: avoid too many colours, use strong warm colours; light, bright against dark and vice-versa; avoid red/green
	8 Use of contrast or lack of contrast for redirection	use a lack of contrast to hide doors to exits, housekeeping etc.	Use contrasting stripe on floor or ribbons on doors to deter access	Use murals on doors to camouflage exits		Use of contrast or lack of contrast to redirect residents away from designated areas.
ENSUITE FIXTURES	9 Focus on Safety, Accessibility, Visibility	ensuite toilet visible from bed	plus grab bars, traditional marked faucets	use contrast for toilet seat; sink/vanity;		Visibility of ensuite toilet from bed; contrast toilet and seat, sink and vanity; accessible fixtures
FITTINGS	10 Focus on simple and plain, contrast	Avoid large or life like patterns on curtains, bedding, cushions	use personalized bedspreads, memory boxes	contrast: placemats, plates, utensils, handles		Avoid life like items and large patterns: do personalize bedrooms; use object contrast for visibility
	11 Signage: Visibility	Use large text and min 70% contrast (min. 60 pt - 2 cm.)	plus locate below door handle level	use pictures and text for toilet rooms, bed rooms		Signage: large text, minimum 70% contrast, low placement, pictures and text for toilet and bedrooms
FURNITURE	12 Chairs: (seating)	51 - 56 cm high (20 to 22 inches), sturdy, firm seat, arm rests	water resistant, flow through, pop up cushion	variety of choice, contrast with wall, floor		Good height and depth for Sit to Stand, arm rests, firm seat, water resistant fabric, variety, contrast.
	13 Tables	Sturdy: Pedestal or well braced legs	Square, rounded corners, curved edges	wheelchair clearance		Sturdy, safe, accessible
	14 Wardrobes and Dressers	Wardrobes with open or glazed section for daily clothes	Contrasting handles, no sharp corners	Durable: High pressure laminate, not particle board		Dementia friendly, contrasting handles, safe, durable
	15 Appliances (if applicable)	Refrigerator only accessible appliance	microwave: sensors + simple to use controls	range: should have shut off for staff control		Safety is primary concern: staff controls need to be in place for any Range/oven; microwave - sensors.
FLOORING	16 Focus on safety, accessibility, durability	Thresholds maximum 13 mm (1/2 inch)	stable, firm, slip resistant, yet not impede movement	easily maintained: water, mildew and stain resistant		needs low threshold; firm, slip resistant, yet not impede balance or gait; durable easily maintained
	17 Use of contrast	Avoid large contrasting patterns	flooring should contrast with walls and baseboards	Avoid tonal contrast from one flooring material to another		Large patterns and stripes can appear as chasms; needs to have visible contrast with walls and baseboard to have visible edge
FINISHES	18 Focus on simplicity, durability	Avoid life like patterns or specks	LRV: Ceilings >80; walls >60; floors 30 - 40	wall and corner protection		Life like patterns are confusing; ; LRV is important for ceiling, walls, floor; durability
	19 Use of contrast	\geq 30% contrast: objects with background: handrails, grab bars, handles; furniture	Provide adjacency contrast + edges, especially for pastels	use colour contrast on doors to walls as wayfinding aid: to res. Rooms		Contrast is critical for object/field discrimination, and to see edges especially flooring to walls, doors to walls; handles etc.
FEATURES	20 Special points of interest	general use as décor, atmosphere, theme	specific use as landmarks for wayfinding	plants, animals (aquarium, aviary)		special features to add atmosphere, memory stimulation, landmarks, Eden like use of living things.
TOTAL SCORE						

DEMENTIA HOUSEHOLD BENBOW LIGHTING AND NOISE CHECKLIST (BLNC)

Benbow Oct 2018

FACILITY: _____ **UNIT:** _____ **DATE:** _____
RATER: _____ **CONTACT PHONE:** _____ **EMAIL:** _____

LIGHTING	Design Feature	Minimal	Average	Superior	Score	Notes
Lighting Levels	Score each item as 0, 3, 4, or 5	A	B	C		Support documentation for scoring is available from billbenbow@shaw.ca
		3	4	5		
(Max 10 pts)	1 Ambient Lighting	320 lux	550 lux	1000 lux		lounge, bedroom bathroom
	2 Task Lighting	550 lux	750 lux	1100 lux		reading, activity, dining
Lighting Issues	Score each item as 0, 2, 3, or 4	2	3	4		
(Max 40 pts)	3 Colour	CRI ≥ 70 common areas	plus ≥ 7 0 res room	plus ≥ 4000K common areas		CRI ≥ 70; close to daylight - 4000Kelvin
	4 Contrast	≥30% contrast floors & walls	plus doors	plus objects		high colour value for object/ground visibility
	5 Natural Light	plenty of windows	clerestories skylights	15 minutes direct sun		Windows, clearstories, skylights; direct sun
	6 Natural Views	several view points	< 630mm sill common areas	< 630mm sill res room		View points: seating: sill heights < 630mm (25")
	7 Transitions	shaded entrances	plus inside entrance light	no differential > three times		Awnings, Portico, interior entrance lights
	8 Day and Night Adjustments	corridors dimmed at night	plus common areas	night lights or motion sensors		Ability to cue evening and night time
	9 Even distribution of lighting	indirect lighting	ceilings > 80 LRV walls: > 60 LRV	plus sheer curtains		No pooling, shadows or excessive contrast;
	10 Glare	shielded bulbs	flooring 30 - 40 LRV	outdoor surfaces 30 - 40 LRV		use matt surfaces, shades, medium LRV
	11 Individual Preferences	ambient light dimmers	task light dimmers	controls < 1200mm (47")		task lamps, dimmers, for built in flexibility
	12 Maintenance Schedule	maintenance schedule	adjust lighting throughout day	monitor and clean res. glasses		Clean windows, clean resident glasses, fixtures
Lighting Sub-total						
NOISE	Design Feature	Minimal	Average	Superior	Score	Note
Noise Levels	Score each item as 0, 3, 4, or 5	3	4	5		
(Max 10 pts)	1 Ambient Noise Level: Bedrooms	<40dB	<35dB	<32dB		Use Noise Meter: Bedroom
	2 Ambient Noise Level: Common	<45dB	<40dB	<35dB		Dining, lounge, activity areas
Noise Issues	Score each item as 0, 2, 3, or 4	2	3	4		
(Max 40 pts)	3 Layout	privacy zone	separate service access	quiet seating area		Quiet/privacy Zone for Resident rooms
	4 Noise Mitigating Design Features	double glazing & acoustic material	resident room STC ≤ 45	HVAC NC 25 - 35		Sound proof walls, acoustical tiles, partitions
	5 Noise Reducing Adaptations	restrict noisy equipment	drapes, wall hangings, carpets	noise reducing practices		Note adaptive efforts to dampen noise
	6 Schedule Intrusive Noise: Avoid	schedule noisy equipment	schedule servery noise	schedule quiet periods		Vacuuming, floor cleaning, washing
	7 Night Time Noise	subdued night lighting	quiet nursing routines	adaptive monitoring		Dim lights and reduce noise at night
	8 Alarms and Pagers	restrict public paging	cell phones on vibrate	mitigate alarm noise & practices		Eliminate overhead paging; reduce alarms
	9 Staff Training	include in staff training	encourage soft voices, footwear	turn off equip. close doors		Schedule regular inservice sessions on noise
	10 Signage	"visitors & staff to speak softly"	"put cell phones on vibrate"	"designated Quiet Times"		Alert visitors and remind staff with signs
	11 Surveys	scheduled feedback	encourage informal feedback	implemented results		Schedule regular feedback: family, staff, residents
	12 Maintenance Schedule	scheduled maintenance	daily monitoring and remedy	monitor hearing aids		Regular schedule to address noise issues
Noise Sub-total						
TOTAL SCORE						

DEMENTIA HOUSEHOLD BENBOW OUTDOOR CHECKLIST (BOC)

Benbow Oct 2018

FACILITY: _____ **UNIT:** _____ **DATE:** _____
RATER: _____ **CONTACT PHONE:** _____ **EMAIL:** _____

Intervention		Minimal	Average	Superior	Score	Notes
SUPPORT ELEMENTS	Assign score of 1, 3, 5, or 0 for each item based on a rating of Minimal, Average or Superior	A	B	C		Support documentation for scoring is available from billbenbow@shaw.ca
		1	3	5		
Management Support	1 Organizational Philosophy, Policy, Procedures, Programming, promote outdoor use.	Written Mission, Philosophy & Policy	Plus Written Procedures & Staff Training	Plus Directors' Attitudes and example		Facility literature, brochures, programs and training all support outdoor activities
Staff Involvement	2 Staff attitudes and practices support outdoor use.	Staff facilitate independent use of outdoors	Plus Staff regularly provide outdoor activities	Plus there is staff training re outdoor activities		Staff Training, Manual, staff meetings outdoors, staff led activities outdoors.
Meaningful Activities	3 Motivation is provided for residents by the provision of meaningful outdoor activities	Everyday activities provided outdoors	Plus special occasion and gardening	Staff regularly brainstorm, review outdoor activities		Staff regularly brainstorm for outdoor activity ideas and review resident participation.
Maintenance (Hard & Soft)	4 Maintenance of hard and soft landscape elements.	Pathways are well maintained, litter and crack free	Plus plants and features are well maintained	Volunteer program to help with maintenance		Facility has an active volunteer program to assist with outdoor maintenance

DESIGN ELEMENTS

Location	5. Easy Physical Access	Access to Outdoor area from each floor: at grade or deck	Direct access from each Care Unit or Household	Adjacent to each Household's Common areas		Prefer direct access from each Household's common area (dining, lounge, activity)
Entryway	6. Single legible Access Point	Single Highly visible landmark legible Entryway	Plus unlocked, easy to open door, or automatic or propped open	With transitional lighting indoors and shade outdoors		Highly visible landmark from inside and outside. Regularly easy to open unlocked door. Transitional lighting inside and shading outside.
Safety	7. Design for physical safety	Walkways: smooth, level, non-slip, non-glare, litter free.	Plus enhanced lighting: walkways, perimeter	Plus non toxic plants, no thorns or hazards.		Protect against falls, poisons, injury.
Visibility	8. Visible Garden for Staff and Residents	Glass Entry door and large adjacent windows	Whole Garden is visible from indoor Common areas	Indoor Common area is visible from Garden		Visibility and easy monitoring provides confidence for staff and residents
Security	9. Enclosure	Securely Enclosed Garden	Fencing/walls minimum of 2200mm (7.2').	Camouflaged fencing and service exits		Unobtrusive but safe enclosure
Accessibility (Door)	10. Accessible Door	36 inch wide; lever handle; latch side clearance of 24 "	Max 8.5 pd opening pressure; 1/2 inch max threshold	Door left open or Automatic opener		Easy to pass through doorway
Accessibility (Walkway)	11. Accessible Walkway	1830 mm (6') wide	Gentle curves: No sharp turns	curbs and hand rails		Wide enough for wheelchairs to pass and negotiate turns.
Accessibility (Furniture and Fixtures)	12. Accessible Furniture	Tables with 685 mm under top clearance, manoeuvring space	Raised Garden beds: Height 450 - 600 mm	Drinking Water at wheelchair height		Tables, Raised Garden Beds, Drinking Water.
Comfort (Shelter)	13. Shelter from inclement weather	Large Sheltered Entryway Patio with seating	Plus Destination shelter with seating: Gazebo	Conservatory, Sunroom for year round use		Protection from wind and rain; Entry patio large enough for tables, seating and wheelchairs.
Comfort (Shade and Screening)	14. Shelter from sun, bugs.	Entryway Patio covered for shade	Plus Shady Nooks with seating, shady walkway (trellis)	Plus Screening option for bug protection		Protection from sun (avoid dark shadows); screening option.
Layout	15. Simple pathway	Looped visible pathway leading back to large entry patio	With landmark destinations	With frequent rest stops		Large Entry Patio with visible looped pathway, destinations, and rest stops
Amenities Convenience	16. Amenities	Easy access to washroom: <15m(50')	Plus Beverage and snack cart; or barbeque	Plus Garden shed and tools		Washroom; hydration and snacks; barbeque; garden shed
Seating	17. Seating features	Variety of seating locations	Plus on a firm level base, back support and armrests	Plus Seat height 405 - 460 mm (16 - 19").		Well constructed, stable seating in a variety of locations
Plants	18. Natural features	Variety of safe non-toxic plants	Appeal to sight, smell, taste, touch, sound.	Familiar plants and flowers		Variety of greenery and flowers.
Features	19. Supportive features	Garden ornaments, weather vane, flag pole, car, bike.	Plus bird houses, bird baths, bird and squirrel feeders	Plus safe water feature; pergolas, arches, arbours		Attract birds, butterflies, squirrels, add architectural interest.
Views	20. Motivating Views	Views of activity and wildlife within garden	Plus views of activity outside garden	Outside garden views mitigated by unobtrusive enclosure		Views provide motivation to go outdoors.
TOTAL SCORE						