

DEMENTIA AND NURSING HOME OUTDOOR CHECKLIST SCORING SUPPORT

Bill Benbow 2014: Maximum 100 points: Assign a score of 0, 1, 3, or 5 for each Element or Feature

SUPPORT ELEMENTS:

1. Management Support (written and actual):

Score 0 points if there is no documented evidence of management support.

- a. Score 1 point if the Mission, Vision, Values, Philosophy, or Policy support and encourage outdoor area use by residents: e.g. by promoting residents' independence and maintaining their optimal abilities.
- b. Score 3 points if in addition to (a), the facility has written Procedures, Programming and Staff Training that support and encourage outdoor area use by residents.
- c. Score 5 points if in addition to (a) and (b) the management team's attitude and example support and encourage outdoor area use by residents.

2. Staff Involvement (attitudes and practices):

Score 0 points if there is little or no evidence of active staff involvement in supporting and encouraging outdoor area use by residents.

- a. Score 1 point if staff facilitate independent use of outdoor area: e.g. by ensuring that the door to the outdoor area is easy to use, regularly open or unlocked for resident use.
- b. Score 3 points if in addition to (a) staff regularly provide outdoor activities.
- c. Score 5 points if in addition to (a) and (b) staff participate in training to develop their knowledge and skills in optimizing residents' use of outdoors.

3. Meaningful Activities (to enhance motivation):

Score 0 points if there is little evidence of activity being used to motivate outdoor use.

- a. Score 1 point if residents are encouraged to pursue simple activities outdoors such as helping with cleaning, feeding birds, watering and weeding.
- b. Score 3 points if in addition to (a) there are regularly scheduled and special occasion activities held outdoors.
- c. Score 5 points if in addition to (a) and (b) there are regular staff reviews of outdoor use and activities with a view to keeping the outdoor area an interesting active place.

4. Maintenance (Hard and Soft):

Score 0 points if the outdoor area is poorly maintained.

- a. Score 1 point if hard surfaced pathways are well maintained, litter and crack free.
- b. Score 3 points if in addition to (a) soft landscaping and special features are well cared for.
- c. Score 5 points if in addition to (a) and (b) there is an active volunteer program to assist staff in maintaining and caring for the outdoor areas.

DESIGN ELEMENTS:

5. Location (Direct Physical Access):

Score 0 points if there is not direct access from every residential floor to an outdoor area or solarium/conservatory or balcony.

- a. Score 1 point if there is direct access from every residential floor to an outdoor area or solarium/conservatory or balcony.
- b. Score 3 points if there is direct access from every Care Unit or Household to an outdoor area or solarium/conservatory or balcony.
- c. Score 5 points if every Care Unit or Household has direct access to an Outdoor Area or solarium/conservatory or balcony from their common areas such as dining, lounge or activity areas .

6. Entryway (Easy to use main legible access point):

Score 0 points if there is not a main well marked legible access point.

- a. Score 1 point if there is a main highly visible landmark legible Entryway.
- b. Score 3 points if in addition to (a) the Entryway door is unlocked during the day in reasonable weather with an easy to open door or with an automatic opener or is propped open.
- c. Score 5 points if in addition to (a) and (b) visual transition has been mitigated at the Entryway with additional lighting indoors and shading outdoors.

7. Safety (to minimize falls and other hazards):

Score 0 points if there are unmet safety concerns re outdoor area.

- a. Score 1 point if walkways are smooth, level, non-slip, non-glare, and litter free with no dangerous overhangs or objects projecting onto the path.
- b. Score 3 points if in addition to (a) there is enhanced lighting of the walkways, perimeter and features.
- c. Score 5 points if in addition to (a) and (b) all plants are non-toxic with no thorns, or other hazards.

8. Visibility (for staff and residents):

Score 0 points if visibility of the outdoor area from indoors is compromised.

- a. Score 1 point if there is good visibility of the outdoor area from indoors through a glass Entry door and large adjacent windows.
- b. Score 3 points if the whole Garden is easily visible from the indoor Common areas and the Entryway.
- c. Score 5 points if once outdoors the resident can see the way back to the Entryway and the Indoor Common area is visible from the Garden.

9. Security (unobtrusive enclosure):

Score 0 points if the outdoor area is not enclosed securely.

- a. Score 1 point if the outdoor area is securely enclosed.
- b. Score 3 points if the enclosure is a minimum of 2200 mm (7.2 feet) and difficult to climb.
- c. Score 5 points if in the enclosure fencing and service exits are camouflaged.

10. Accessibility (easy to open door):

Score 0 points if the Entryway door is difficult to open. (note: if a looped two door system is used, then both doors should meet these criteria)

- a. Score 1 point if the Entryway door is on a level landing; is a minimum 914 mm (36") wide with a lever handle; and the latch side clearance is a minimum 610 mm (24 ").
- b. Score 3 points if in addition to (a) the Entryway door requires a maximum 8.5 pound opening pressure; and has a 13 mm (1/2") maximum bevelled threshold.
- c. Score 5 points if in addition to (a) and (b) the Entryway door has an automatic opener or is propped open during clement weather.

11. Accessibility (easy to use Walkway):

Score 0 points if the walkway is not barrier free.

- a. Score 1 point if the walkway is a minimum 1830 mm (6') wide.
- b. Score 3 points if in addition to (a) the walkway has gentle curves with no sharp turns or angles.
- c. Score 5 points if in addition to (a) and (b) the walkway has clearly marked edges or curbs; and handrails.

12. Accessibility (easy to use Furniture and Fixtures):

Score 0 points if furniture and fixtures are not wheelchair accessible.

- a. Score 1 point if outdoor tables have a minimum under top clearance of 685 mm (27") for wheelchair user knees to slide under; and adequate manoeuvring space.
- b. Score 3 points if in addition to (a) there are raised garden beds with heights of 450 – 600 mm (18 – 24").
- c. Score 5 points if in addition to (a) and (b) an accessible drinking fountain is supplied (minimum 27" knee space and easy to operate).

13. Comfort (shelter from inclement weather):

Score 0 points if no shelter is provided from inclement weather – wind and rain.

- a. Score 1 point if there is a large sheltered Entryway Patio with seating.
- b. Score 3 points if in addition to (a), there is a destination shelter with seating.
- c. Score 5 points if there is a conservatory, sunroom or enclosed perimeter walkway for year round use.

14. Comfort (shade and screening):

Score 0 points if there is no shade provided.

- a. Score 1 point if the Entryway Patio is covered for protection from the sun.
- b. Score 3 points if additional shade is provided in shady nooks with seating and/or trellis over the walkway.
- c. Score 5 points if in addition to shade, screening is provided for protection from insects.

15. Layout (a simple pathway):

- Score 0 points if the layout is complex: not a simple pathway.
- Score 1 point if the layout is based on a simple visible looped pathway that leads back to the entry patio, or if not looped, there is a reasonable turnaround to direct the resident back towards the entry patio.
 - Score 3 points if there are well landmarked destinations going and coming back.
 - Score 5 points if there are adequate rest stops with seating along the way.

16. Amenities (convenience):

- Score 0 if there are no convenience amenities.
- Score 1 point if there is easy access to a washroom: i.e. less than 15 metres (50 feet) from Entryway (either indoors or outdoors though preferably with direct outdoor access to the washroom).
 - Score 3 points if in addition to (a) there is a snack and beverage cart or barbeque supplied outdoors.
 - Score 5 points if in addition to (a) and (b) there is a garden shed with easy to use tools.

17. Seating (location and design):

- Score 0 points if seating is non-existent or quite limited.
- Score 1 point if there is a variety of seating locations outdoors that provide options of sun or shade, private or social opportunities.
 - Score 3 points if in addition to (a) seating is on a firm level base with adequate back support and armrests to allow for easy transfers.
 - Score 5 points if in addition to (a) and (b) seat height is in the range of 405 – 460 mm (16 – 19”) which facilitates rising and transfers.

18. Natural Features:

- Score 0 points if there is a paucity of natural features.
- Score 1 point if there is a good variety of safe, non-toxic plants.
 - Score 3 points if the natural elements appeal to a variety of senses: sight, smell, touch, taste, sound: eg. are colourful and interesting.
 - Score 5 points if in addition to (a) or (b) the plants and wildlife are familiar to residents and help them recall their own gardens.

19. Supportive Features:

Score 0 points if there are little if any special garden ornamental features.

- a. Score 1 point if there are a variety of garden ornaments such as weather vane, wind chimes, flag pole, old car, bike etc.
- b. Score 3 points if in addition to (a) there are wild life features such as bird bath, bird feeder, bird houses, squirrel feeders, etc.
- c. Score 5 points if in addition to (a) and (b) there is a safe water feature such as a bubbling fountain or trickling stream; and/or arbour, archway, pergola to add architectural interest.

20. Views (to add motivation):

Score 0 points if the main view from the outdoor area is a fence or wall.

- a. Score 1 point if there are interesting views within the garden such as activity and wildlife.
- b. Score 3 points if from the outdoor area there are interesting views of activity outside the garden.
- c. Score 5 points if the views to areas outside the garden are mitigated so as not to stimulate exit behaviour: i.e. fences, gates and service doors are camouflaged so that the enclosure appears natural and unabtrusive so as not to entice exiting.