

DEMENTIA & NURSING HOME: OUTDOOR CHECKLIST (NHOC)

Benbow 2014

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						