

# WELLINGTON PARC



## Designed Specifically for Memory Impaired Adults

From the earliest planning stages, Wellington Parc owners, architects and builders had a goal to create an environment that was unique, attractive, home-like, and specifically created for caring for people with Alzheimer's disease and related disorders.

This training module specifically addresses some of the unique features of Wellington Parc's final design.

By far, the greatest danger we confronted in the overall design of Wellington Parc was being too restrictive, or, designing the center for the "least competent." Therefore, one of our primary goals, which was ultimately met, was to design a facility that offered a high level of security while still offering freedom of movement to our residents. At the same time, our Wellington Parc had to be designed to compensate for our residents loss of physical and sensory functions that comes about as a result of aging.

With this in mind, Wellington Parc was designed and was successful in these key points.

- Privacy for residents.
- Opportunities for social interaction of residents with each other and with staff.
- Security of the individual resident.
- Support for reduced functional ability as a result of the aging process.
- Appropriate environmental quality, including heating, lighting, ventilation and acoustical treatment to benefit residents' well being.
- Appropriate building systems including communications, nurse call, emergency call, fire alarms, signage, clocks, etc.
- Opportunity for integration or segregation of residents by competence, or, for programming purposes.
- Opportunity to provide familiarity in the setting to provide stimuli for residents as well as reassurance and comfort.
- Human scale and home like quality to spaces and settings, including the use of patterns, textures and finishes which are conducive to normalized behavior.
- Access by residents to a diversity of inside and outside destinations or spaces for walking, sitting, recreation and programming, regardless of functional limitations.

- Orientation aids for residents through the use of colors, signs, features, objects, pictures, views of the outside, sunlight penetration, as well as tactile, auditory and olfactory cues.
- Residents' bedrooms are designed to serve no more than two persons and have enough space that each can "claim" territory, with sufficient space for personal belongings.
- Evenly distributed lighting, wide, unobstructed hallways, hand railings, wide doors.
- Judicious use and application of color. People with Alzheimer's disease have a difficult time differentiating between certain hues of the color spectrum. Due to the thickening and yellowing of the lens of the eye, they may also have difficulty differentiating between colors containing a great deal of white, such as beige, light gray, pale blue and pale green. Typically, our colors are brighter and lean more towards the warm end of the color spectrum.
- Carpeting to reduce noise levels.
- Reduced signage – too much signage is more nuisance than value in an Alzheimer's setting. Reminders for such rooms such as bathrooms, washrooms, etc., are often more effective if done with "pictograms."

The major purpose of Wellington Parc's unique design is to optimize the remaining functional abilities of frail elderly or confused residents, to enhance their well being and autonomy, as well as being supportive of staff needs in such congregate care settings.