



DESIGNING FOR DEMENTIA

COLOUR PALETTE AND DESIGN GUIDE



DESIGN TIPS

WAY-FINDING, NAVIGATION AND PERSONALISATION

Colour can be used effectively to create zones and highlight areas of interest. In areas where you want to discourage or deny access, you will need to reduce the contrast between the walls and door to prevent residents from focusing on them and entering at will. Other doors should have sufficient contrast to be identified by all users.

The entrance to a resident's private living space should ideally be personalised, introducing a familiar house number or a bedroom name plate, artwork or display box to make their door relevant and recognisable. Feature walls aid way finding, add interest and provide a frame for signage. Shapes, symbols and landmark objects on walls can also help with way-finding to communal areas that you want to encourage residents to inhabit regularly. The **Dulux Trade** dementia friendly palette includes colour for application as the main wall scheme, with plenty of options for feature walls that can aid way-finding, but also create a warm and inviting space for visitors and staff alike.

FINISH

With specific regard to colour, all surfaces should be as flat (non-reflective) as possible, as gloss produces glare and light bounce, which will hinder residents with visual impairments.

Dulux Trade Diamond Matt and Eggshell products are ideal, highly durable, low sheen products to use on walls, with **Dulux Trade** Diamond Satinwood on interior doors and trim.

DIALOGUE

Carers, friends, family, and the individual themselves should be consulted where possible in order to create environments in which people living with dementia can thrive and feel valued. If we can create care environments that consider the individual's needs as part of the design brief as well as building function, we can incorporate features that then elevate levels of self esteem and confidence.

WAY-FINDING, NAVIGATION AND PERSONALISATION

Design Tip: In sitting rooms and communal areas, create different focal points; establish a social space encouraging interactivity or areas just for sitting quietly, ideally with views to the garden or to watch people coming and going.

Design Tip: Don't be afraid to use fresh uplifting colour in areas where you want to encourage movement or activity.

Design Tip: Encourage reminiscence: things like photos are useful to stimulate memory and familiarity.

Design Tip: Doors to staff facilities can be painted the same colour as the adjacent walls, causing the doors to blend in with the wall, and therefore diminish how much residents will focus on and orient themselves towards these areas.

Design Tip: Doors leading to spaces for communal use can be painted in a contrasting colour to highlight and promote their use.

Design Tip: Give clear indicators of the use of a room. For example, in a dining room you may opt to keep the table laid with place mats, and choose crockery that contrasts with the table. If the above isn't possible then using imagery and symbols on doors such as a plate and cup, a knife and fork along with words will help to reinforce what a room is used for.



Design Tip: In very long corridors, add a chair to create an opportunity to rest at intervals.

Design Tip: Keep the flooring LRVs between different room access thresholds as close as possible, such as bathrooms and bedrooms, to encourage residents to continue to progress and transition into different spaces, as differing surface patterns or significant colour shift can cause confusion.

FURNISHINGS, FINISHES AND MATERIALS

Design Tip: Remember that furniture also needs to contrast with critical surfaces. For example, chairs, tables and beds are highlighted against the surface they are positioned on or against in order to avoid any confusion and reduce the potential for trips and bumps. For those with visual impairments, very dark rugs or mats on the floor can appear as though they are holes in the floor, and therefore should be avoided.

Design Tip: Well designed lighting should be considered to reduce glare which can cause discomfort. Take care to eradicate shadows which can be cause for alarm or anxiety and result in residents avoiding moving into poorly lit spaces.

Avoid glossy or highly reflective floor and table top surfaces as this can appear wet and slippery. Highly reflective surfaces like glass and metal can also cause distress and confidence to decline.

Design Tip: Locks and handles should be easy to see and open. Any signage should have significant contrast between the colour and tone of the door or wall that the sign is placed upon. Signs for way-finding should be 4ft or 1.2 metres from the ground.



Design Tip: Use caution when incorporating furnishings that are densely patterned or have bold irregular shapes within the fabric design, as these can look distorted and appear to take on different dimensions, causing those with visual impairments to become unsettled. Do try to include some materials that are soft, natural and textured, giving a comforting homely depth and softness to the space.

INFORMATION AND HAZARDS

Design Tip: Where you want to draw people's attention to impart information such as on notice boards, place a feature colour on these walls.

Design Tip: Where care alarms are mounted on a wall it is important to make sure there is a contrast so that they are highlighted for residents to easily distinguish.

Design Tip: Use a feature colour on pillars or radiators to highlight potential hazards.

Design Tip: Where possible, use blackout window coverings to prevent light from street lamps or daylight entering the bedroom during sleeping hours.

CHRIS & SALLY'S HOUSE

Dulux Trade has developed evidence-based design principles to help improve domestic environments for people living with Dementia.

Located within the BRE Innovation Park in Watford, Chris and Sally's house is a project designed to develop and demonstrate solutions supportive of an ageing population. It has been developed using insights from academics, design experts and people living with, or caring for someone with first-hand experience of dementia. It is estimated that some 850,000 people in the UK live with Dementia and 70-80% of those continue to stay in their own homes rather than in any specially adapted form of housing or dedicated care environment.

Working with the BRE Trust, BRE, Loughborough University, Halsall Lloyd Partnerships and Liverpool John Moores University, **Dulux Trade** has supported the development of this demonstration home, presenting evidence-based design, adaptation and support solutions that allow people to age well at home.

The 100sqm Victorian house has been adapted to cater for different types and stages of dementia, seeking to establish interventions that support independent living by addressing day-to-day needs. The upper floor of the home has been adapted for the more advanced stages of dementia. The building design has been developed around the needs of two specific personas (or avatars), Chris and Sally. The design narrative describes how the features of the building have been adapted to support Chris and Sally as they age well at home. The project is supported by short films detailing how dementia affects Chris and Sally on a good, average and bad day, with different actors re-creating the different stages of dementia. These films have been created by the University of Loughborough.



WELCOME

Dulux Trade has created evidence-based design principles to help professionals produce environments that optimise occupant wellbeing, sharing knowledge from decades of experience in designing supportive spaces within the private and public healthcare sector.

Inclusive design within any care environment encourages the application of colour and design that enables occupants to have greater confidence to move around independently within a space.

Careful consideration of colour combinations is a key element within a set of important accessibility design features. Colour can be used within the design solution as way of reinforcing positive personal connections and to provide necessary stimulation within the space. We all enjoy being in places that are interesting, vibrant and make us feel secure, and we are advocates for thoughtful design that improves quality of life and reduces feelings of stress or anxiety.

The **Dulux Trade** Dementia Friendly Colour Palette and Design guide provides an overview of these design principles.

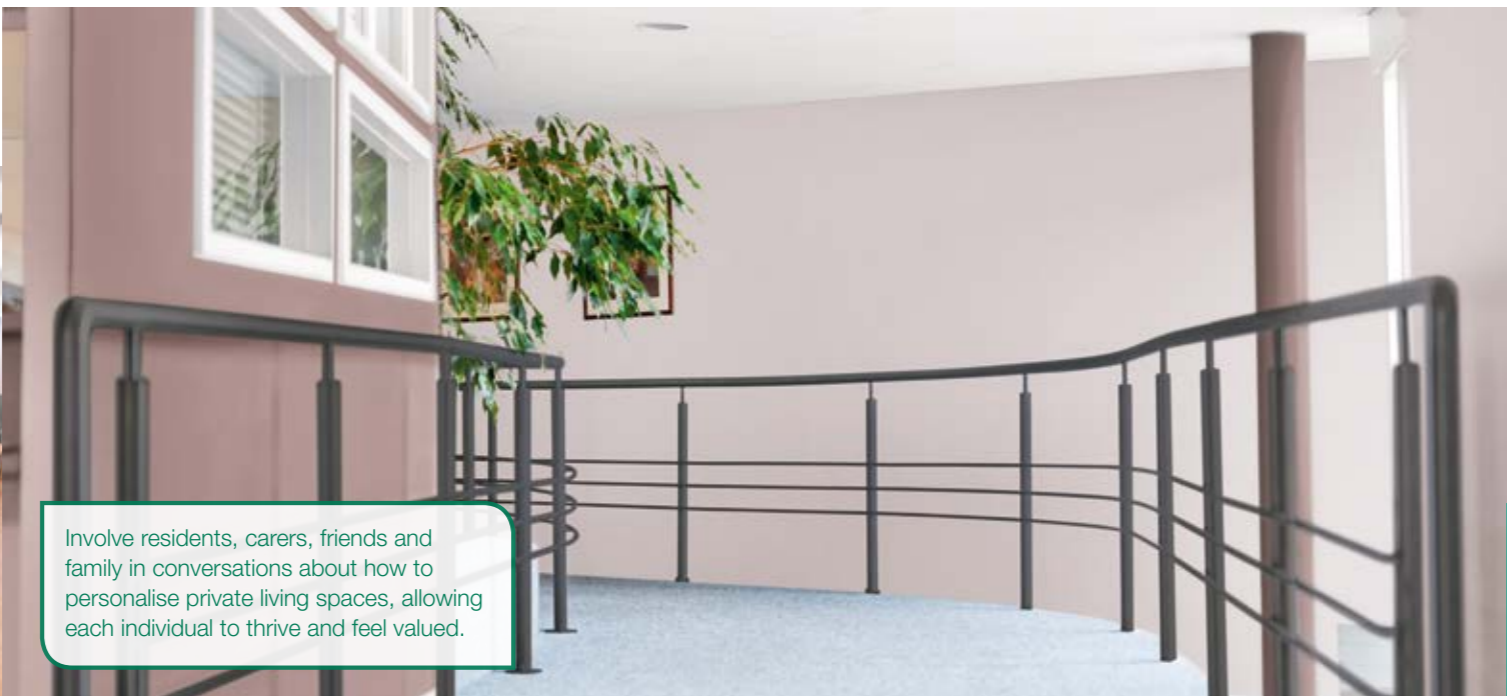


COLOUR & CONTRAST

Within a care home, critical surfaces (walls, floors and doors) should be defined and have contrast between them. The recommendation is a minimum of **30 points of Light Reflectance Value (LRV)**.

It is important that interior designs are created which consider and embrace all users of the facility including staff, whilst ensuring that aesthetics are not compromised to accommodate a single type of user group.

Colour can be utilised effectively to facilitate people living with dementia to readily identify different areas of the entire space – balancing their needs alongside the needs of their carers or family.



Involve residents, carers, friends and family in conversations about how to personalise private living spaces, allowing each individual to thrive and feel valued.

HOW TO COLOUR SCHEME

When selecting colours make sure you have **30 points LRV** (light reflectance value) between each critical surface, these include; walls, floors and doors.

If the main wall colour notation is 60YY **83**/062 – then **83** is the LRV value. For adequate contrast, the floor or door LRV must be at least 30 points below 83.

Calculating colour contrast

Main wall colour: 60YY **83**/062 Door Colour: 90YR **34**/084

Subtracting the lower number from the higher number, achieves a contrast of 49, and is therefore an acceptable level of contrast.

Feature wall colours are often used for aesthetic purposes, although they can help with highlighting obstacles, i.e. pillars, handrails, radiators, and can also aid with way finding. It is important to also apply the colour and contrast guidelines to these surfaces.

FINDING THE LRV

(LIGHT REFLECTANCE VALUE) FOR FURNITURE

When designing for dementia there are many factors to consider.

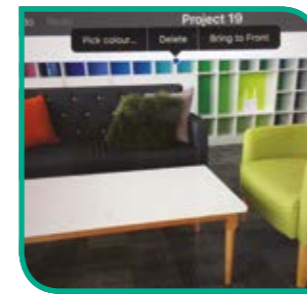
Creating contrast to highlight critical surfaces is our first priority but another is to remember that furniture also needs to have contrast with the surrounding walls and floor. For example, chairs, tables and beds (bedding) are contrasted against the surface that these items are on or positioned against, so that they are clearly distinguishable to avoid any confusion and to prevent trips and bumps occurring.

DULUX TRADE PAINT EXPERT APP

The LRV of each **Dulux Trade** colour in this palette can easily be identified via the notation (or code). But how can you find out the LRV of a chair or bed that is staying in the room, for example?

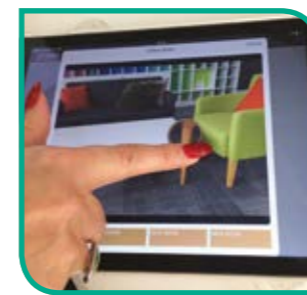
The best way to do this is to use the **Dulux Trade** Paint Expert app for interior designers. Using the tool, you can take a photo of your furniture then pick the nearest paint shade to this item of furniture. When you have identified the nearest paint shade – check the LRV value, which you can then apply as a guide to the LRV of the furniture item.

Get the app here – duluxtradepaintexpert.co.uk/services/colour-tools



Open a new project within the **Dulux Trade** Designer app then click on the icon for the camera.

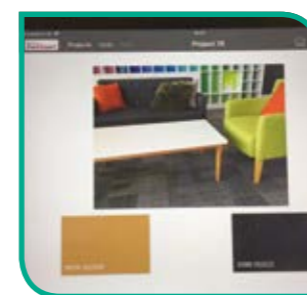
Take a photo of the item of furniture that you want to establish the LRV.



Once the photo has been taken place your finger on the picture. You can then move your finger over the image to find the closest corresponding **Dulux Trade** colour to the item that you are trying to determine the LRV. The closest **Dulux Trade** colour chips will appear below the image.



When you are happy with the colour, click on your choice and a **Dulux Trade** colour chip will appear on your board.



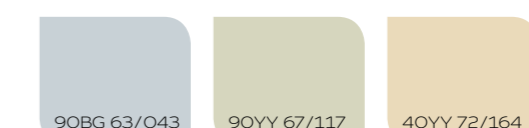
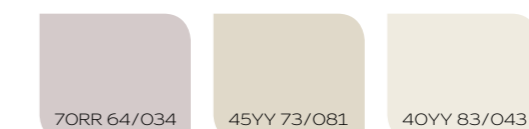
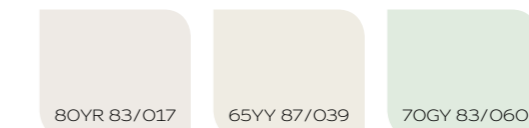
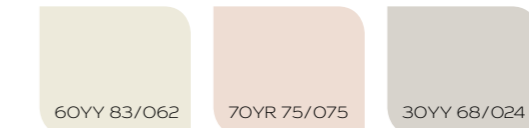
Check the LRV value within the notation on your chosen corresponding **Dulux Trade** colour. This will give a good indication to help you establish whether your chosen item supports the minimum 30 LRV contrast recommendation.

DEMENTIA FRIENDLY COLOUR PALETTE

Remember the LRV is the two digit number in the middle of the Dulux colour notation.

If the flooring or doors have a high LRV, you can create contrast by using a darker trim. This will help highlight the size of the room and frame door ways.

MAIN WALL COLOURS



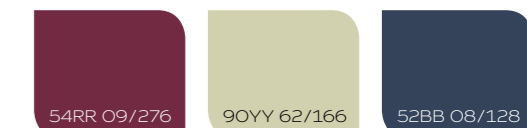
TRIM



FEATURE WALL COLOURS



DOOR COLOURS



We have produced colours as accurately as printing will allow. Unfortunately we cannot guarantee an exact colour match, and the colours contained in this guide should not be relied on as such.