

Dementie en leven in de buurt

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Graag uw camera en geluid uitzetten!



Background: dementia in public space

- Most people with dementia live at home
- Ageing in place policy tends to focus on the home environment but does not consider the role of surrounding communities and neighborhoods
- The concept of social health is developing and has not been linked to mobility



Research question:

How do public spaces support the social health and well-being of people with memory problems and dementia?

ABCD approach to dementia research

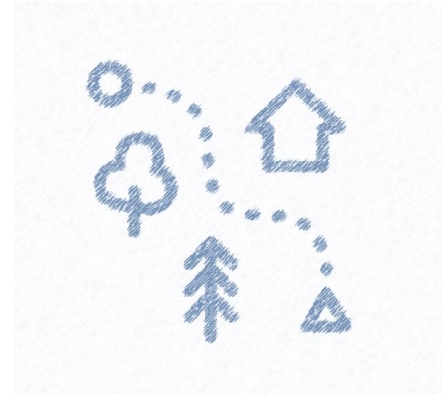


The glass is half full.

An asset-approach focuses on **what people can do**, not a focus on deficiencies and problems.

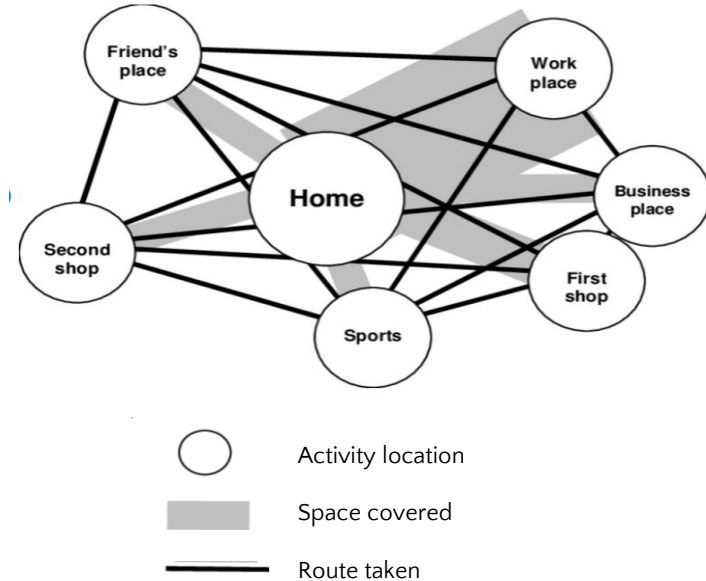
Outdoor Mobility

- Interaction with the built and social environment provides valuable insight into health and well-being
- Mobility patterns and mobility experiences provides valuable understanding into movement between places
- Supportive features of the built environment and the social environment can improve walkability



The Concept of Activity space

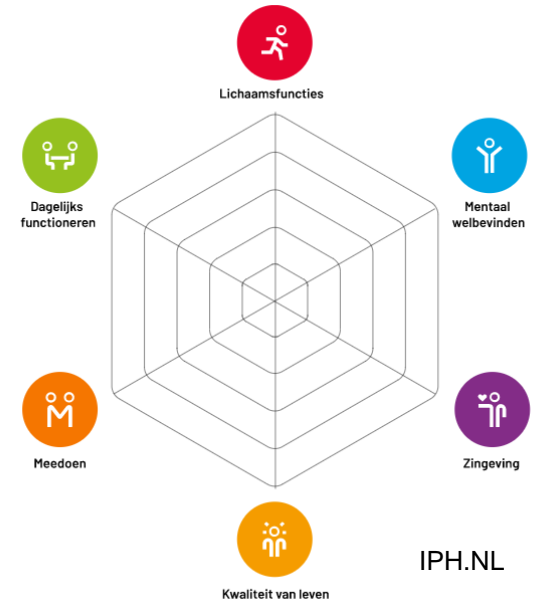
- Space outside of the home that includes a subset of locations that are routinely and non-routinely visited over a period of time.





Positive Health & Social Health:

- WHO definition of health (1948) based on a population with infectious disease and complete well-being
- Positive health reflects a population living well with chronic disease
- A focus on the ability to adapt and self-manage when experiencing social, physical and emotional challenges.



The Domain of Social Health & Dementia:

- Social health improves cognitive functioning and helps maintain dementia symptoms
- Social health for dementia has three dimensions:
 - 1) To fulfill one's potential
 - 2) To manage one's life with some degree of independence
 - 3) To participate in social activities



Dementia, social and built environment and well-being

Themes:	Description:
Connection to society & supportive relationships	Friends and family
	Formalized activities and professional support
	Social interactions in the neighborhood
	Disclosure and public awareness
Interactions with natural environments & public spaces	Engagement with natural environments
	Access to public space
	Public space features: streets and traffic, noise, landmarks and signage
	Changes in landscape, design and technology
	Neighborhoods, the intersection between the built and social environments

Study context: Northern Netherlands





COORDINATEs Project

- A three year mixed method study with a focus on older adults with memory problems
- An interdisciplinary, inter-professional, inter-sectoral study
- Led by an international project team with representatives in Canada, Sweden and the Netherlands

Target Population & Eligibility Criteria



are aged 65 years
or older



live at home
independently, alone
or with someone else



experience
memory issues from
time to time



are willing to monitor
your daily activities
for 14 consecutive days



are willing to discuss
your experiences
about your living
environment
with a researcher on
two occasions

Research Methods



15 minute socio-demographics survey



60 minute walking interview



14 days of GPS data outside the home



14 days of travel diary entries



60 minute in-depth interview

Analysis: GPS data and interview data

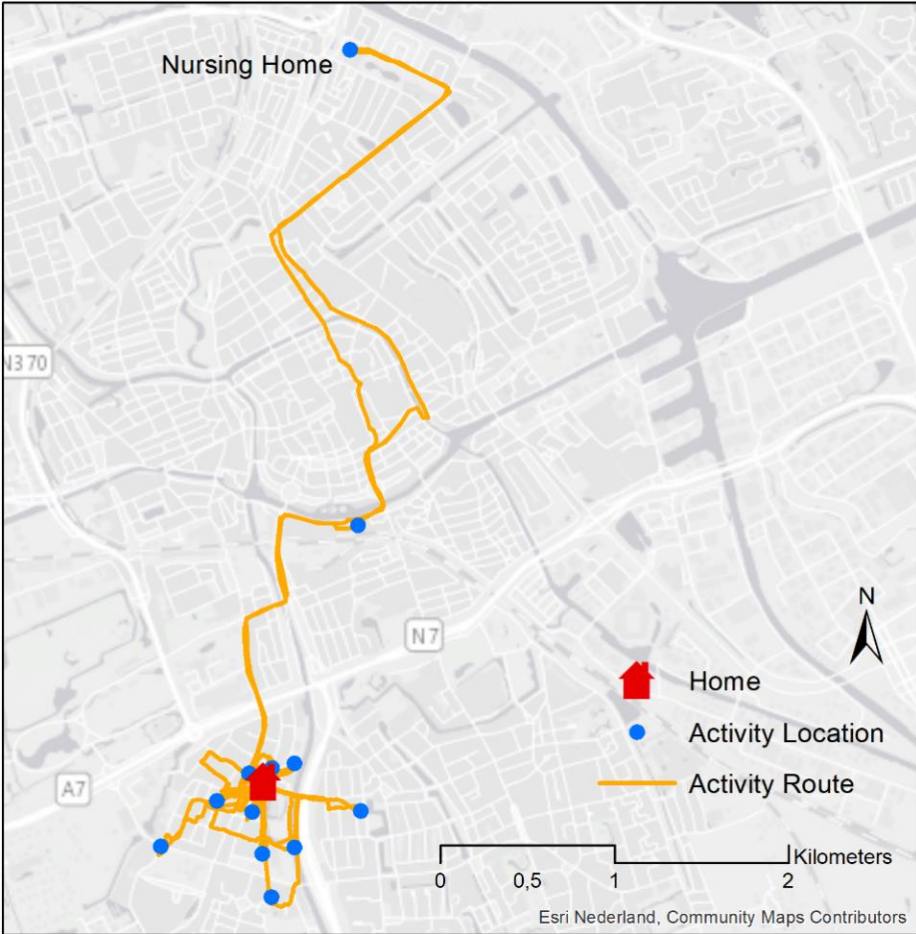
- Mobility patterns (e.g., GPS data) and mobility experiences (e.g., qualitative data) were triangulated using qualitative GIS methods
- The findings illustrated two spatial mobility patterns: routine activity space and occasional activity space





Research Participant Overview

Pseudonymized Participant Name	Gender	Age Range	Geographical Setting	Length of Time in the Neighborhood
Marie	Female	80 – 89 years	Town	26 years
Annie	Female	90 – 99 years	Town	60 years
Harold	Male	60 – 69 years	City	32 years
Netty	Female	70 – 79 years	City	4 years
Bea	Female	70 – 79 years	City	5 years
Helena	Female	70 – 79 years	Town	41 years
Vera	Female	90 – 99 years	Town	51 years
Warren	Male	50 – 59 years	Town	18 years



Vera's Activity Space

.... I have a friend with mental health problems who has lived in [nursing home name] for many years [...]. I go there, because nobody visits her [...] I take bus number 77 and then to Daisy street, nearby nursing home. I will arrive at around 10:15 and then there will be different groups of course, experiencing impairments and mental health problems. They will come to me with open arms..



Harold's Activity Space

[Travelling to see my family] is quite tough, and actually, it becomes harder every time.

[The journey] becomes too long but they do not come to me. Yes, actually I should say something about that because it is a one-way direction. And on one hand I do not like it, but on the other hand, I like to continue traveling for as long as I can.



Analysis: a deductive approach

Code	Asset description based on Kretzman and McKnight (1993)	Examples identified in transcripts
Physical assets	- Including land, natural resources, and built environment	- Parks, pathways for walking and biking, benches, roadways
Social assets	Connections or relationships formed between individuals Individuals who live in the community and their unique skills and contributions	- Friends, neighbors, family
Organizational assets	Associations of groups of people who come together around a common purpose Institutions including businesses, schools, and other private or government entities	Community centres, grocery stores, nursing homes



Physical assets for Navigation



Traffic lights

I know that I am going to turn left here at the traffic light, cross the bridge and all the way back, then left and then I am already on the path to go to the hospital.

- Netty



Loop pathways

I have a fixed route these days in case something happens...I just go where I can easily walk. This is my round (the walk taken during the walking interview) that I take every afternoon around half past one.

- Marie



Social and organizational assets for inclusion



Neighbors

When asked if the neighbors were aware of Warren's dementia diagnosis, his wife explained: *We stated clearly in the beginning that this (dementia diagnosis) is what is going on, so don't be strange about that. Suppose that, you never know [what happens]. But this is what's going on. They know, yes.*

- Warren



Nursing homes for non-residents

I'm the youngest of the bunch there. Those oldies just sit. Yes, I want to go back and forth a bit. I can't take that long, yes. Have a chat here, have a chat there.

- Warren



Social assets for inclusion



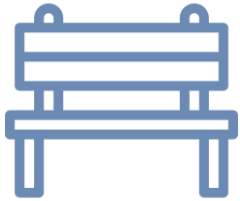
Neighborhood animals

I always feed ducks and cats...I just enjoy doing it and it's also a distraction. I haven't had any fights with the bosses (the owners) yet, so I think they're actually happy with it because it costs them a lot less. The animals always come in nicely satisfied, lie down comfortably in the basket and fall asleep.

- Harold



Physical assets for inclusion



Benches

I can sit there for an hour. In summer, then you can sit in the sun very beautifully, it is lovely. Every now and then someone is walking by, you talk a little, and then the afternoon is passing by very nicely...

Refugees come here and they lay down here in the grass and let their children play...So you have little chat with them...They are always very friendly to me. Also when I am sitting here on the bench, the boys are also very friendly”

- Marie



Play areas

Summary of Findings

- An asset-based approach highlights coping strategies and strengths of people with dementia
- Participants interacted independently in routine activity spaces but depended on others to participate in occasional activity spaces
- Participants use physical, social and institutional assets to support their social health and well-being
- Routines and reciprocal relationships are useful indicators to measure social health



Planning implications

- Public spaces can help people navigate their surroundings and gain a sense of inclusion in society despite their condition
- A dementia-informed approach has policy implications for community development, urban renewal projects, decision-making
- Through a focus on an asset-approach, social health and mobility, public spaces for other groups, including people with autism spectrum disorder, can be designed to be inclusive



Research Limitations

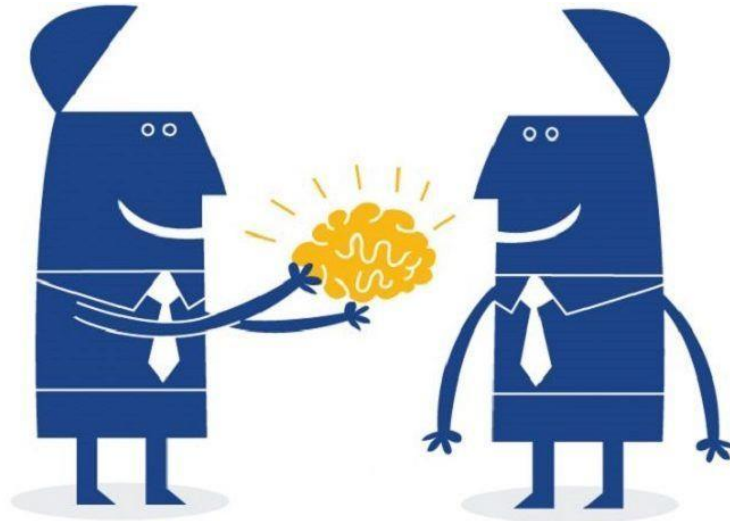
- Small sample size
- Unique context with planning and infrastructure
- Only people with resources participated and the sample is not ethnically diverse
- Findings were not validated with the participants



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Any Questions ?





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Interprofessioneel leernetwerk dementie

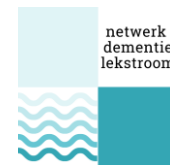
HU onderwijs en onderzoek, samen met:



lekstroom



ZorgSpectrum



Tot slot

- **Eindpresentaties studentprojecten**
: 1 juni 2022
- **Blijf in contact via:**
hu.nl/onderzoek,
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