



MASSACHUSETTS  
**Health & Hospital**  
ASSOCIATION

**Exploring Age and Dementia Friendly Design for Our Built Environment: How to Optimize Health and Wellness Through Physical Infrastructure Design**

**Wednesday, April 19, 2023 | 12 – 12:45 p.m.**



MASSACHUSETTS  
**Health & Hospital**  
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## **Patricia M. Noga, PhD, RN, NEA-BC, FAAN**

Vice President, Clinical Affairs  
Massachusetts Health & Hospital Association



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# Questions? Technical Difficulties?

Contact MHA's Chrystel Ducheine:  
[CDUCHEINE@MHALINK.ORG](mailto:CDUCHEINE@MHALINK.ORG)



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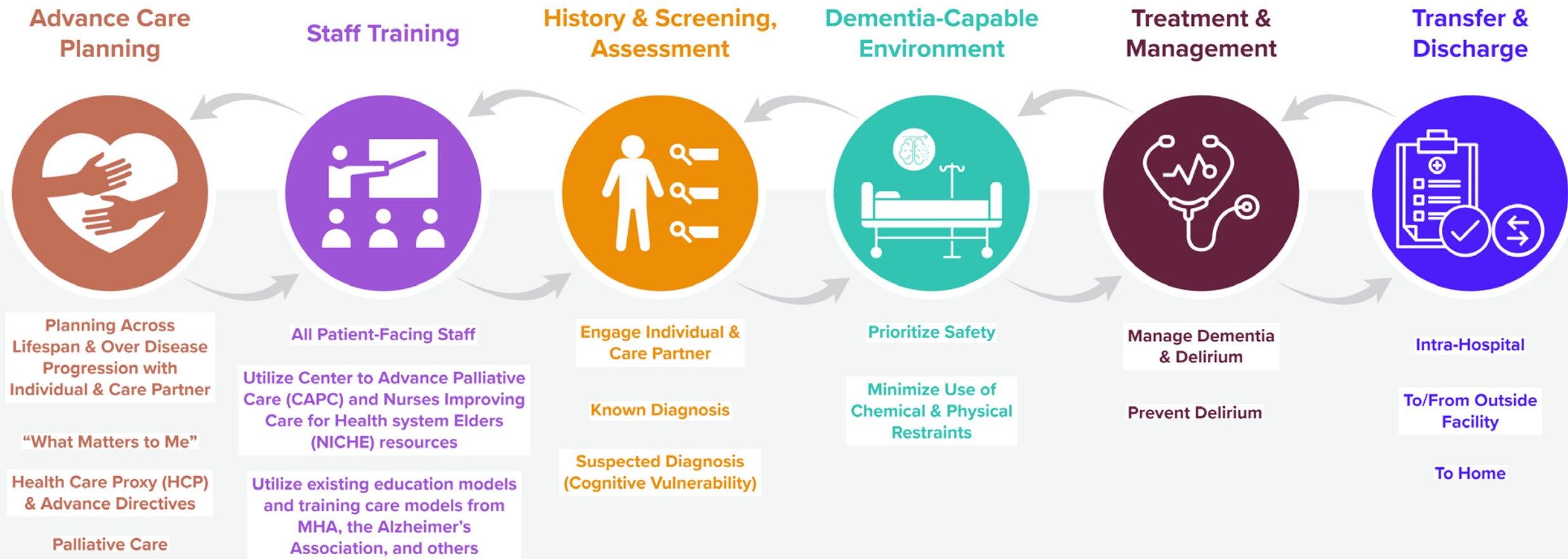
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# Alzheimer's and Related Dementias Workgroup: Operations Plan Roadmap



**← ENGAGE CARE PARTNER THROUGHOUT HOSPITAL STAY →**

# Dementia-Capable Environment

## KEY TAKEAWAY:

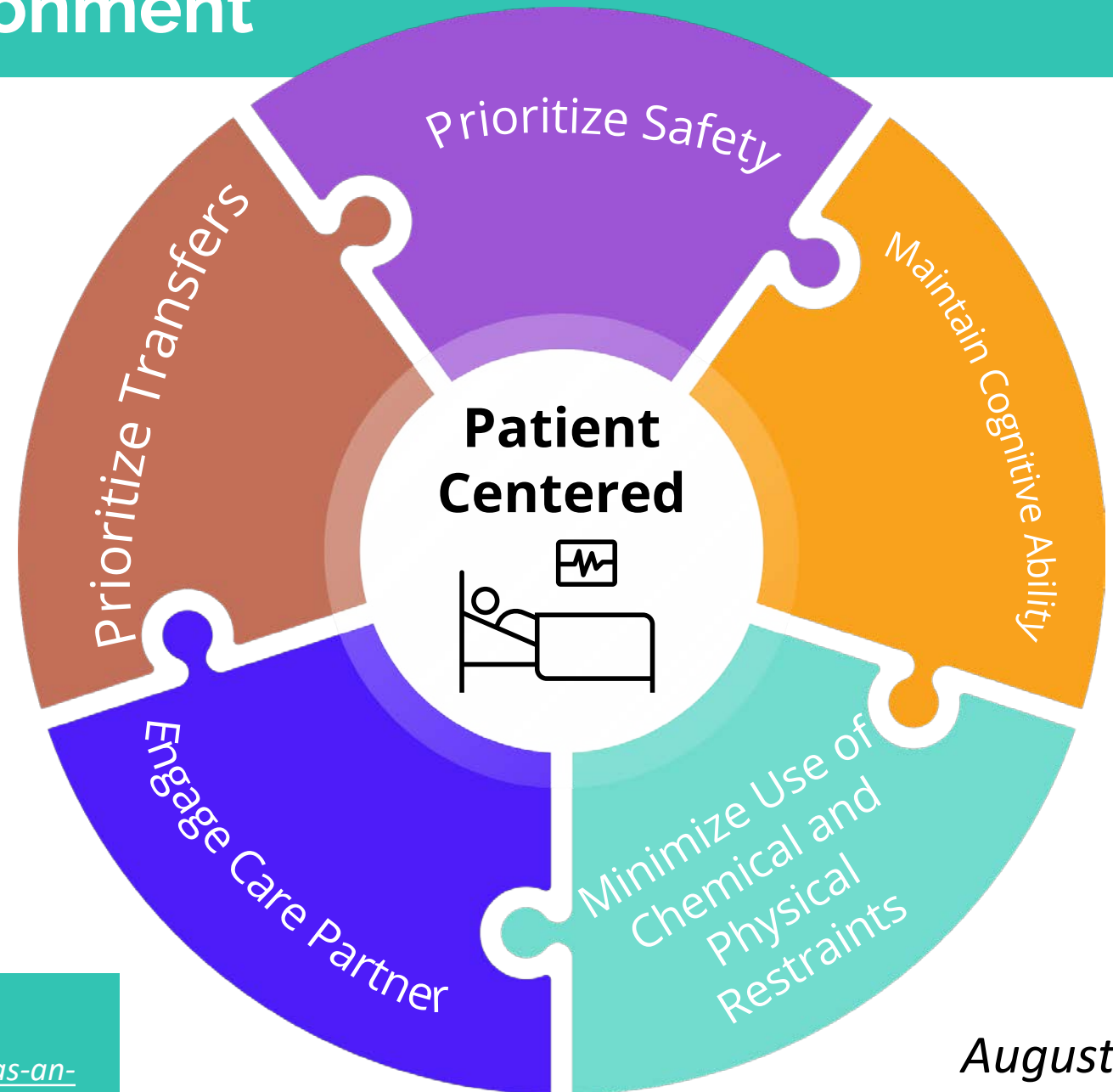
Organizations should optimize the environment to maintain abilities, provide meaningful engagement, and reduce risks while supporting persons with dementia and/or delirium.

## Organizations should consider the following when prioritizing safety and maintaining cognitive ability:

- ✓ Notation/Banner in Electronic Health Record (EHR)
- ✓ Quiet areas
- ✓ Mobility/safe walking areas
- ✓ Trained volunteers

## Find the full Roadmap:

<https://www.patientcarelink.org/alzheimers-related-dementias-an-operations-plan-roadmap/>



August 2022



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## James Fuccione

Senior Director  
Massachusetts Healthy Aging Collaborative





## Patty Sullivan

Program Manager  
Dementia Friendly Massachusetts,  
Massachusetts Councils on Aging



*An Initiative of the MA Councils on Aging*

# ***Exploring Age and Dementia Friendly Design for Our Built Environment: How to Optimize Health and Wellness Through Physical Infrastructure Design***

Patty Sullivan – Dementia Friendly Massachusetts/Mass. Councils on Aging

James Fuccione – Mass. Healthy Aging Collaborative

April 2023

The work of the Massachusetts Healthy Aging Collaborative is supported in part by:





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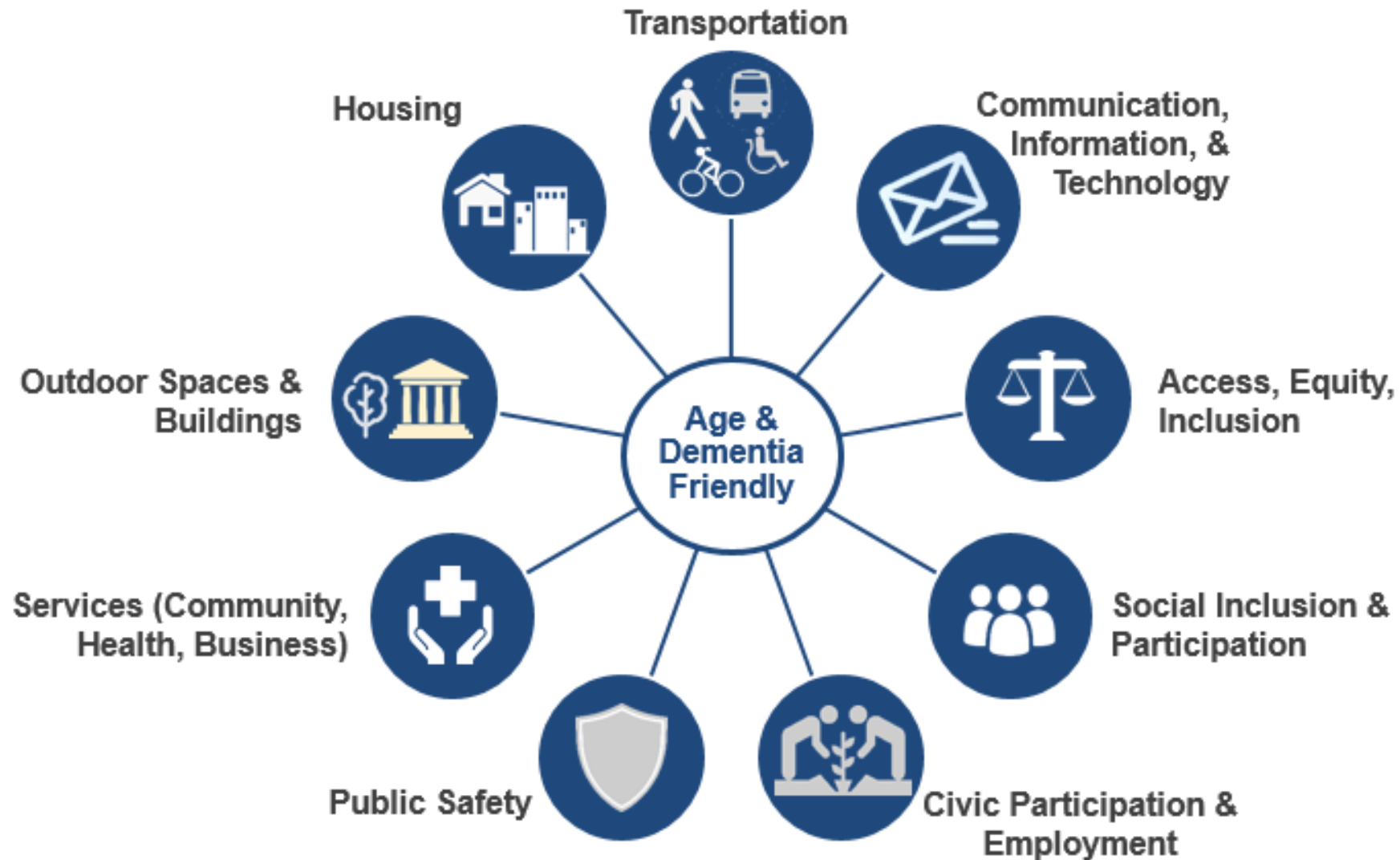
- ✓ Age-friendly environments foster health and well-being and the participation of people as they age. **They are accessible, equitable, inclusive, safe and secure, and supportive.**
- ✓ Without age-friendly environments, health for all cannot be achieved.
- ✓ Creating barrier-free and affordable housing, accessible public spaces, and transportation enable people to stay independent and participate in community life.
- ✓ **Older people play a crucial role in their communities** – they engage in paid or volunteering work, transmit experience and knowledge, and help their families with caring responsibilities.
- ✓ ...These contributions can only be ensured if societies foster their health and participation.

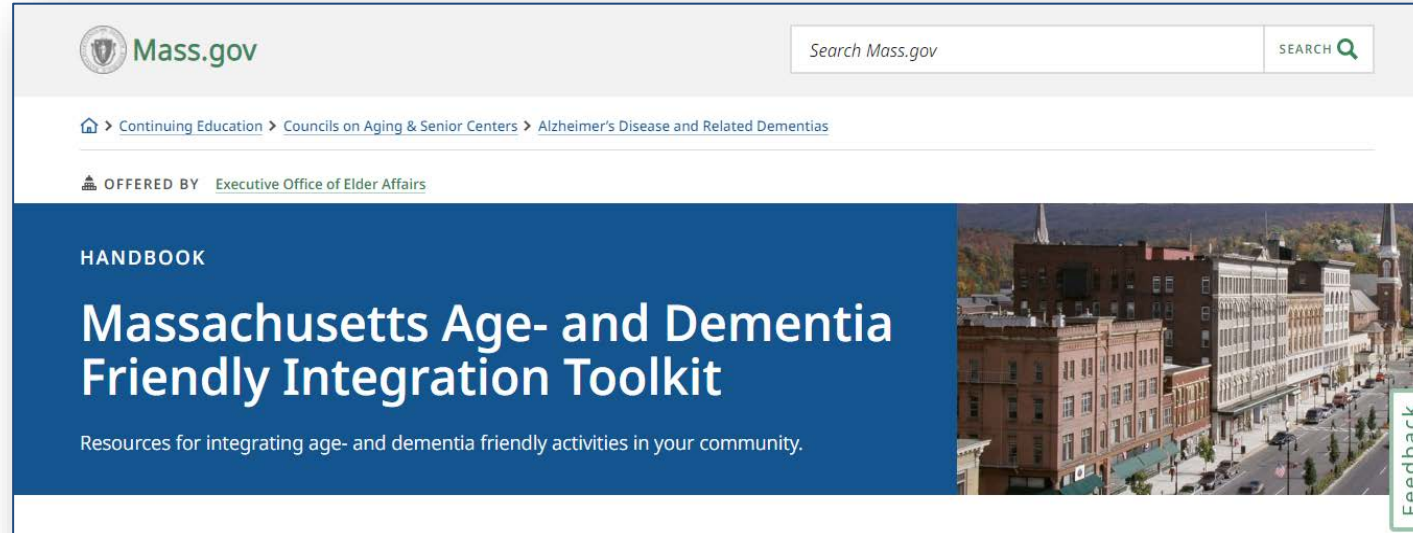


Massachusetts  
Councils On Aging

- ✓ Dementia Friendly Massachusetts is an initiative of the MA Councils on Aging. The state-wide grassroots movement, generously supported by Point 32Health Foundation is comprised of organizations, individuals, and municipalities growing dementia-friendly communities.
- ✓ The goal of DFM is to increase the number of municipalities around the Commonwealth that commit to supporting those living with dementia, their families, and care partners, by signing the DFM pledge

# Age and Dementia Friendly Communities





The screenshot shows the top portion of a web page. At the top left is the Mass.gov logo. To its right is a search bar with the text "Search Mass.gov" and a magnifying glass icon. Below the search bar is a breadcrumb trail: "Continuing Education > Councils on Aging & Senior Centers > Alzheimer's Disease and Related Dementias". Underneath is a small icon and the text "OFFERED BY Executive Office of Elder Affairs". The main content area has a dark blue background on the left with the word "HANDBOOK" in white, followed by the title "Massachusetts Age- and Dementia Friendly Integration Toolkit" in large white font. Below the title is the subtitle "Resources for integrating age- and dementia friendly activities in your community." To the right of the text is a photograph of a city street with historic buildings. A vertical "Feedback" button is located on the right edge of the photo.

## View resources by focus area

Directs you to guidance on integrating age- and dementia friendly work in your community.

### TABLE OF CONTENTS

- ✓ [1. Access, Equity, and Cultural Inclusion](#)
- ✓ [2. Outdoor Spaces and Buildings](#)
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- ✓ [5. Transportation](#)
- ✓ [6. Civic Participation and Employment](#)
- ✓ [7. Communication and Technology](#)
- ✓ [8. Services \(Business, Health and Community\)](#)
- ✓ [9. Public Safety](#)

## 2. Outdoor Spaces and Buildings

(DF) [DFA's Resource List - Environment](#)

(DF) [Checklist for Dementia Friendly Environments \(England\)](#)

(DF) [Dementia Related Design and the Built Environment](#)

(DF) [Designing Space for Dementia Care](#)

(DF) [DFA - Libraries Sector Guide \(Creating a Dementia Friendly Physical Space - Page 3\)](#)

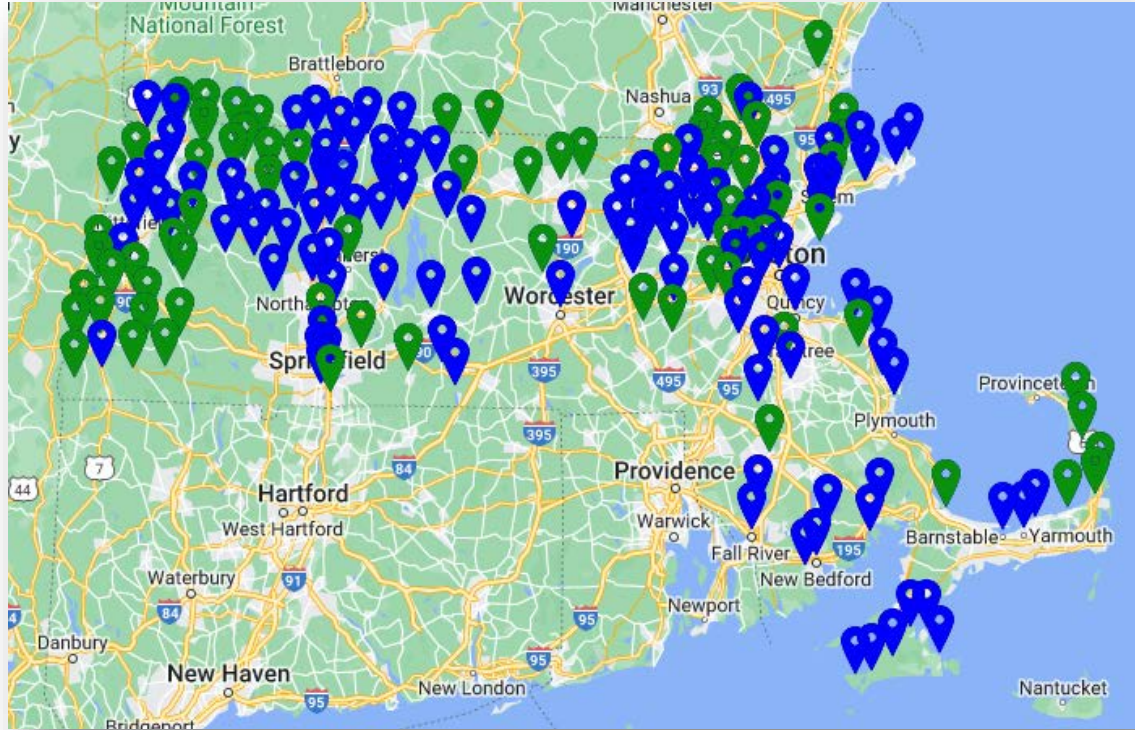
(DF) [Physical Environments Checklist \(Pages 8-9\)](#)

(DF) [Designing Inclusive Outdoor Spaces - Dementia-Friendly Tulsa](#)

(AF) [AARP - Outdoor Spaces and Buildings - Best Practices & Examples](#)

(AF) [AARP - Public Places and Outdoor Spaces Archive](#)





## Statewide Activity

**200+** communities working to become more age- and dementia friendly

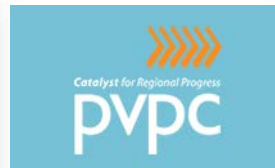
**60%** of engaged communities are both AF/DF

**150+** communities covered by age-friendly regions

Statewide commitment: “ReiMAGine Aging”



**AGE & DEMENTIA FRIENDLY CAPE ANN**  
Gloucester • Rockport • Essex • Manchester By-The-Sea



**Age Friendly Pioneer Valley Communities**



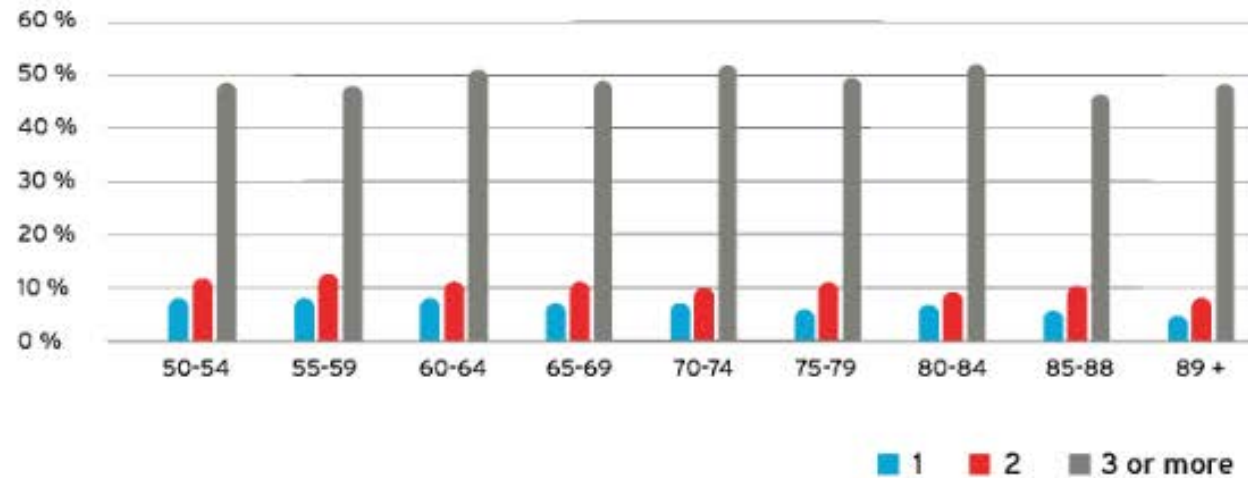
Older adults have some of the highest rates of biking and walking for exercise

48%

» 48% of people age 50 and older who took any walking trips take three or more walking trips for exercise each week, compared to 38% of people 49 years and younger

According to NHTS data on biking and walking for exercise, some of the highest rates of biking or walking for exercise three or more times per week are found among people 50 and older.

Count of Weekly Walk trips for exercise by Age



» 29% of people age 50 and older who took any walking trips take three or more bicycling trips for exercise each week, compared to 22% of people 49 years and younger



## The Boston Globe

### **Pedestrians killed in crashes rose by 35 percent across Massachusetts last year, study finds**

“In line with last year’s findings, senior citizens were hit and killed at a higher rate than any other age group, the report said. Thirty-eight percent of last year’s victims were over the age of 65...”



wbur

### **Deadly pedestrian crashes up 35 percent in Massachusetts, report says**



WBZ  
NEWS

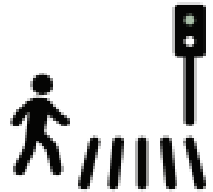
BY WBZ-NEWS STAFF  
UPDATED ON: MARCH 30, 2023 / 12:45 PM / CBS BOSTON



Home // Local Coverage

### **Mass. pedestrian deaths spiked in 2022**

## INFRASTRUCTURE



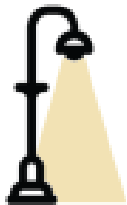
Make street crossings safer with longer WALK times, raised crossings, bump outs, signals, and many other options



Provide large type/well-lit street signs and wayfinding



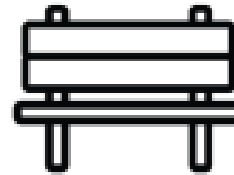
Identify and mark publicly accessible toilets



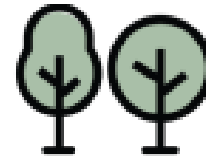
Improve night lighting



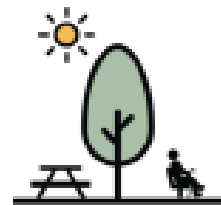
Make bus and transit stops fully accessible



Provide lots of benches



Plant lots of shade trees



Make sure that parks are age-friendly (e.g. benches, shade, smooth walking paths)

## POLICIES AND PRACTICES



Include seniors in municipal infrastructure planning



Provide an explicit budget for sidewalk installation and maintenance



Establish age-friendly partnerships among municipal departments (e.g. library-council on aging; disabilities commission-public works)



Slow traffic (with traffic calming and reduced speed limits) and add “Senior Slow Zones” (like school zones)



Through zoning and planning, build senior-serving facilities (housing, senior centers, clinics) in the most walkable locations in town



Review municipal plans with an age-friendly lens



Enact and enforce sidewalk snow shoveling



Lead age-friendly walk audits with seniors and municipal staff (from transportation, public works, police, council on aging, elected officials)

## Choosing a walking route

These routes are designed to let you leave the hospital behind and explore adjacent neighborhoods and sites. Many sides of the community are highlighted – the historic buildings of Beacon Hill, the riverside park [Charles River Esplanade], downtown's historic core at Faneuil Hall, American Revolution sites associated with Paul Revere, Old Ironsides, and even the fictional walk taken by 8 very famous ducklings. Walks range from 1 to 2.5 miles round trip. Choose a walk that fits the time you have available and the sights you want to see and set out for an adventure!

## Running an errand, finding food

Nearby Charles and Cambridge Streets have banks and drug stores as well as restaurants. A walk is a perfect opportunity to get some fresh air and exercise, take care of personal business, and get nourishment. Window shop along the way – Charles Street is known for its antiques, art and clothing.

## Sights along the MBTA Red Line

From the Charles/MGH Station [Cambridge St] you can reach both Harvard University, [Harvard Square stop is 8 min.] where you can stroll through the gates of historic Harvard Yard, and MIT, [Kendall Square stop is 2 min.] filled with famous modern architecture. Both have several museums.

## About WalkBoston

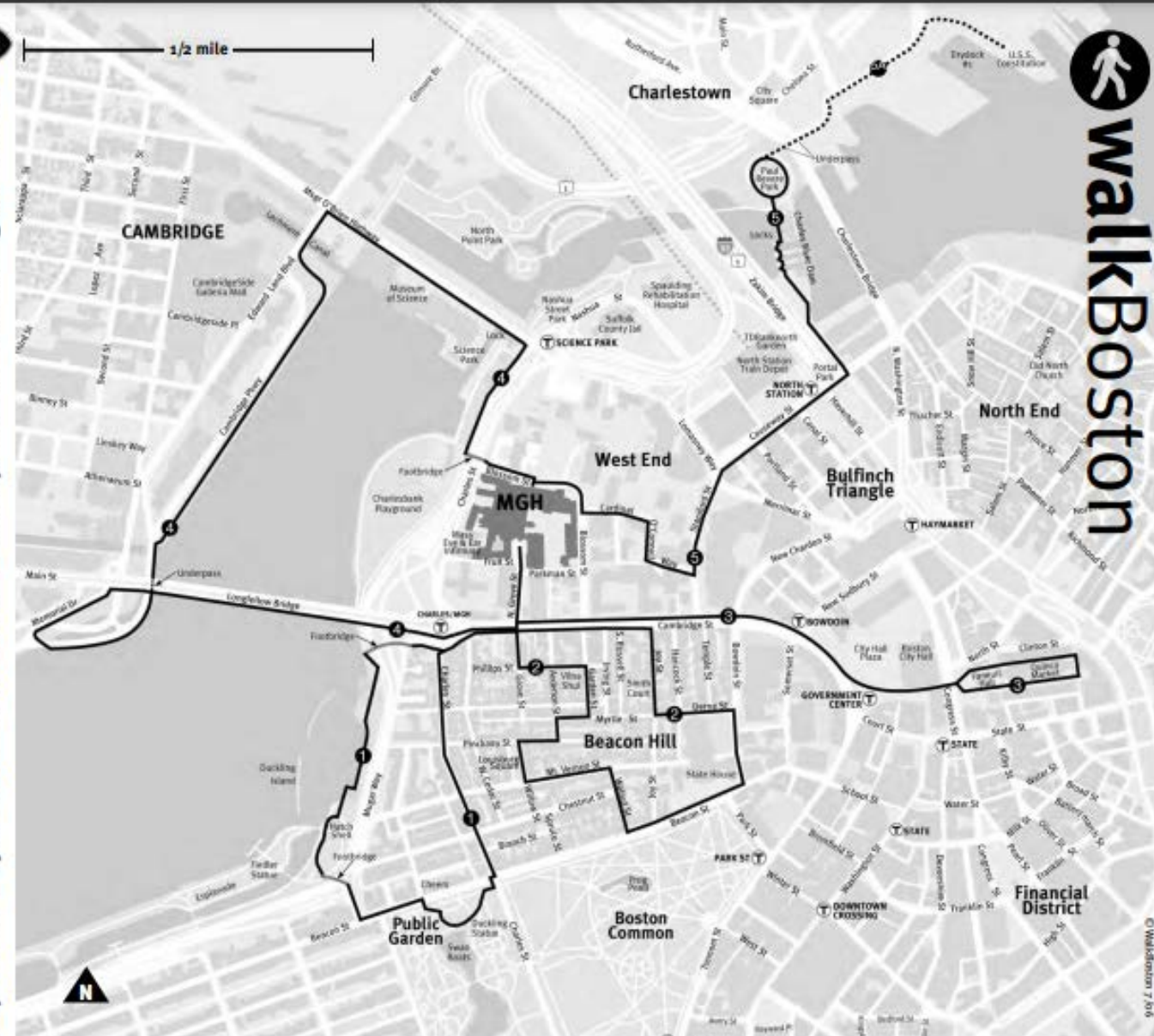
In its 20 years, WalkBoston has worked on design improvements for pedestrians, education about walkers' needs and promoting the delights and possibilities of walking. WalkBoston is the state's principal resource on walking issues. Remember, walking is good for you, good for the environment, and good for the community! Join us online.



Old City Hall | 45 School Street | Boston MA 02108 | T: 617.367.9255  
F: 617.367.9285 | info@walkboston.org | www.walkboston.org



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1 | MGH: Wonderful walking routes and sites

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## Stepping Strong

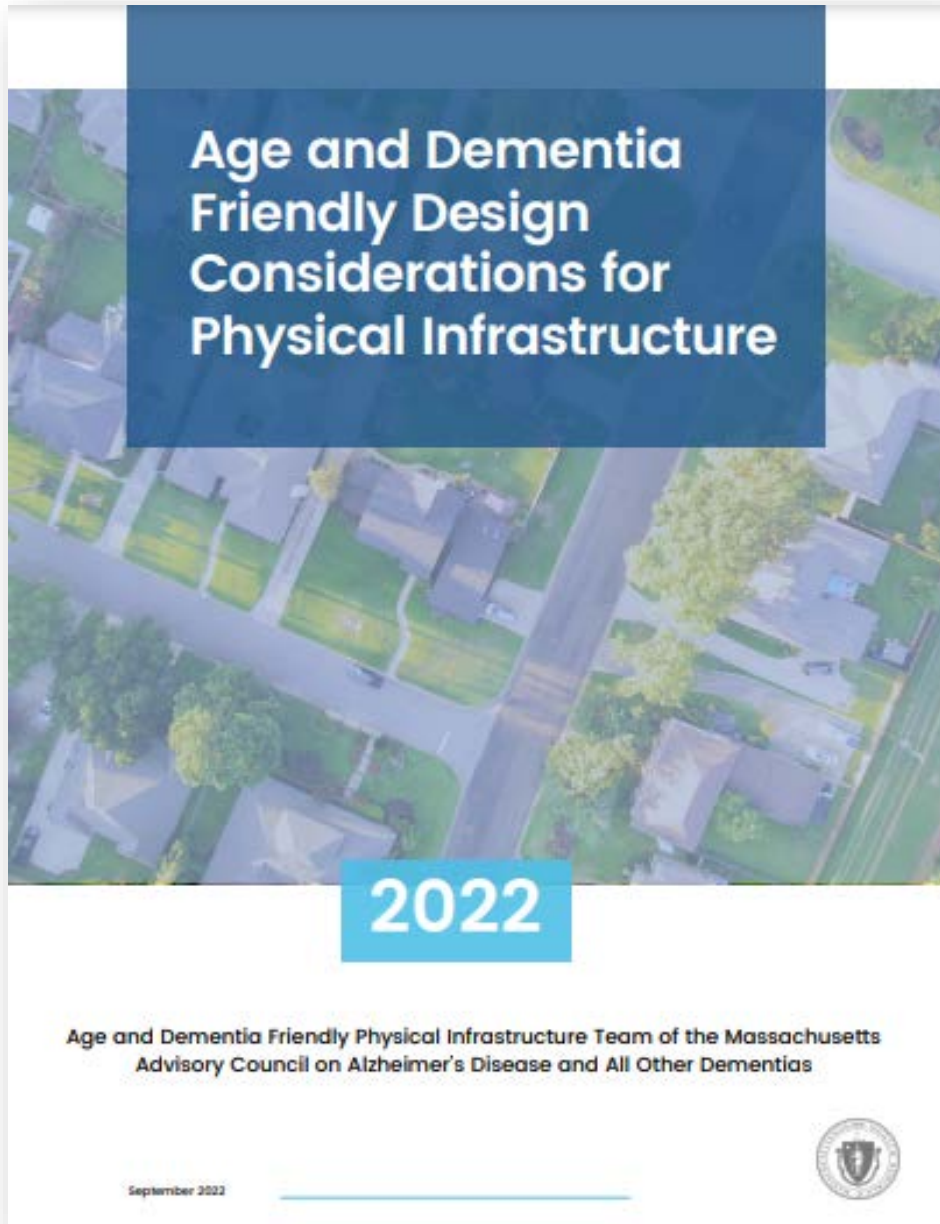
- Working with the Stepping Strong Center for Trauma Innovation at Brigham & Women's Hospital on an innovative project to engage hospital injury prevention professionals (IPPs) in pedestrian advocacy.
- WalkBoston has been collaborating with our partners at Stepping Strong to brainstorm innovative solutions and potential actions that we can take together to address pedestrian safety needs.
- WalkBoston is delighted to be in the planning stages of creating a walk audit in collaboration with Stepping Strong in the Longwood Medical Area. This walk audit will provide an opportunity to assess the conditions of the current walking environment and to identify areas for improvement.



# Boston Age-Friendly Bench Program







## Public Outdoor Spaces



## Buildings



Familiar



Legible



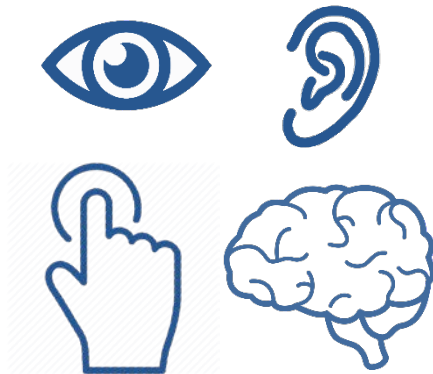
Distinctive

Form



Function

Accessible



Comfortable



Safe







TOPIC	PAGE #
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## Furnishings

- All spaces and rooms have obvious purposes.
- While contrasting colors and surfaces between walls, floors and furniture is generally recommended, they should be used when safe and appropriate (use of contrasting patterns next to one another can cause disorientation and may not be an appropriate use of contrast).

## Entrances and Entryways

- Primary entrance at ground level and wide enough to accommodate mobility devices
- Signage with text and icon/image
- Entrances and exits are unambiguous
- Long lever handles instead of doorknobs

## Flooring

- Flooring and paths of travel are nonreflective and have colors and textures that contrast with walls and doors.

## Wayfinding

- Wayfinding and directional signage at key intersections consist of realistic visuals, with sizable fonts and which are easy to spot and read
- Signs should also be affixed to areas they represent, rather than on adjacent surfaces

## Signage

- Signage is easy to spot, includes large, easy-to-read font, glare free, and contrasted against its affixed surface.
- Dementia friendly signage includes symbols and graphics that are standardized for clarity in meaning.
- For example, consider using the word “bathroom” and a picture of a toilet together on your bathroom sign, as opposed to only using a picture of a man or a woman with a directional arrow.

## Paths of Travel

- Safe and accessible paths can encourage older adults and people with dementia to exercise and socialize.
- Sidewalks are wide enough for side-by-side walking and mobility devices.
- Consider continuous pathways with contrasted edges to avoid tripping.
- Avoid patterns, shiny surfaces, and surfaces that might create glare or issues with depth perception.
- Consider clearly marking all level changes and provide handrails when possible.

## Activation

- Are there local walking clubs? Bicycling groups?
- Guided nature or history walks
- Community events
- Points of interest, art installations
- Bikesharing

## Wayfinding

- Consider marking bus and train stops by using both icons and words, and making signs large enough to notice and read at eye level.
- When clear and legible signage cannot be provided, consider placing street signs at strategic locations to direct people to transportation hubs.
- Consider using a non-glare surface for signs and contrast between letters and the surface (dark letters on light surfaces work best).

## Visibility

- Adequate lighting at or near transit stops.
- Consider additional lighting at or near transit stops to increase a sense of safety and provide accessibility.

## Sheltering

- Shelter and comfortable seating at bus and train stops.
- At transit stops, consider providing shelters and seating with armrests and backrests.

## Communication and Boarding

- Transit stops display fares, schedules, maps, and routes clearly, in large font, and at eye level.
- Bus and shuttle stops are located in areas where vehicles can pull up to passengers for easy, unobstructed boarding.

# Thank you!

## Contact:

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## Our Supporters:

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