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Adapting environments

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GOLD

GETTING OLDER
WITH A DISABILITY





Adapting environments

Why adapting environments?

- **Nursing homes** are equipped and staffed (e.g. medical staff) for the needs of elderly people focus on medical and nursing aspects
- **Residential facilities for people with disabilities** are equipped for a heterogenous target group (age, mobility and support needs) and focus on the educational aspect of support
- **Identified gap:** Structures and equipment for ageing people with disabilities



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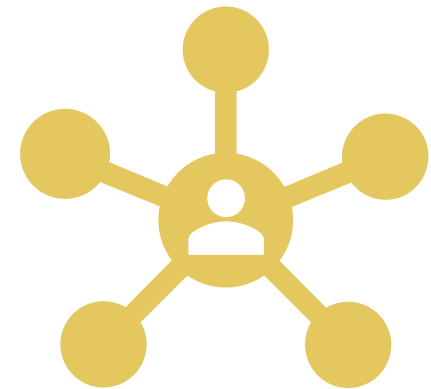


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What does “adapting environments” include?

- Physical spaces
- Daily schedules & activities
- Organisational structures
- Professional roles
- Cooperation between sectors
- Family relationships



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Adapting environments in practice

- Accessible infrastructure, assistive tools and technologies
- Slower, meaningful routines and quiet spaces
- Preserving autonomy, avoiding over-medicalisation
- Anticipating transitions early



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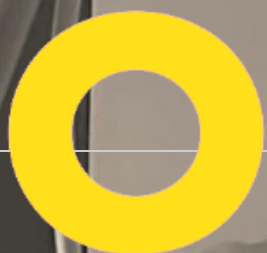
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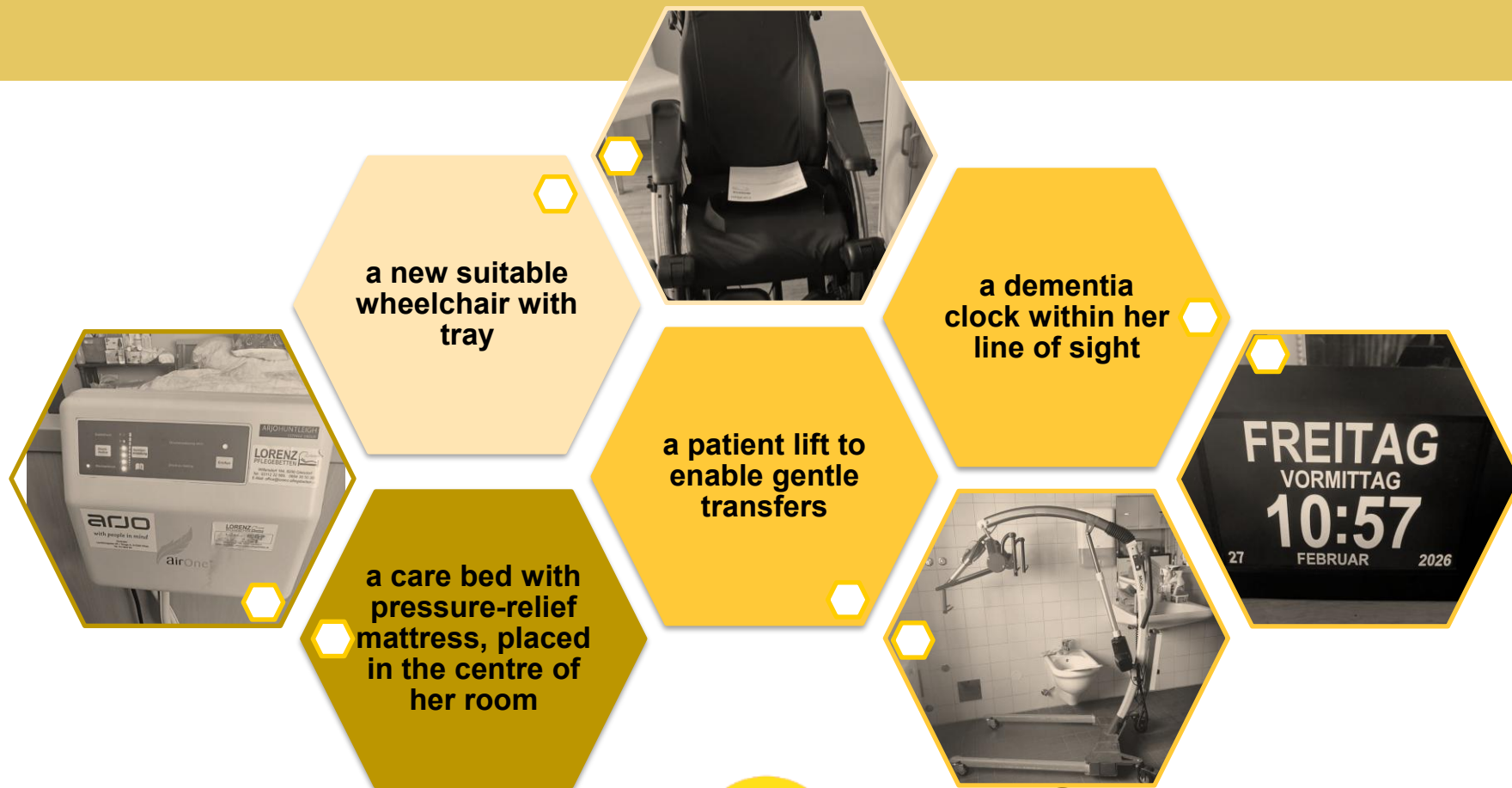


A practical example

Adapting Ms. M's environment



Accessible infrastructure



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Assistive tools



beak cup and a height-adjusted dining table



plate guards



commode chair



bed pan



side tables on wheels with adjustable height

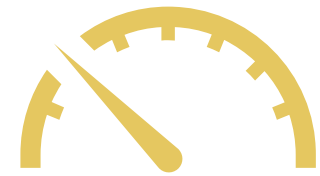


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Slower, meaningful routines and quiet spaces

- Adapting daily routines to the changing situation
- Provide day-care support, a new service for older people with disabilities
- Initiating consistent primary nursing car



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Preserving autonomy



using positioning cushions and neck rolls



applying heel protectors and anti-thrombosis stockings



adapting her personal clothing to her changing needs



Ms M's beloved aquarium is maintained by the caregivers and is positioned at eye level with the bed.



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Avoiding over-medicalisation

- Practicing close and active collaboration with doctors, therapists, nutritionists, care givers and family members
- Arranging home visits by doctors and therapists
- Adjusting the staff schedule to accommodate Ms. M's changing situation



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Adapting Ms M's environment has a significant impact on her Quality of Life as it enables her to stay close to her housemates and continue living in the residential facility that has been her home for 15 years.



Thank YOU



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